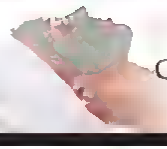
Chichester Herald

Friday 6th April 2012
YOUR FREE WEEKLY NEWSPAPER

INSIDE



Win a pamper day for two
COMPETITION
Page 14

The Pirates
COMPETITION
Page 20

Easter gardening activities
HOME
Page 31

Hunt could be ON

Dog hater terrorises area with rat-poison sandwiches

Dean Adams
MANAGING EDITOR
NEWS@CHICHESTERHERALD.CO.UK

THE HUNT is on for a sick poisoner who is believed to be stalking the area seeking to kill dogs with contaminated sandwiches.

Police have confirmed at least two have been struck down this year after eating poison, all within a small area but have since played down the incidents saying they may not be linked.

A third case was reported on Thursday (March 29) of an English Bull Terrier that died after suspected poisoning. The owner believes that the dog may have eaten something while out walking at Sidlesham on Sunday, March 25, but there is no clear confirmation of this.

Now patrols are being stepped up in an attempt to catch the poisoner, and local residents – including the animal-loving Rolling Stones guitarist Keith Richards – have been put on their guard.

Latest reports with the sandwiches – laced with rat poison – have reportedly been found on the beach at East Wittering although Sussex Police have no confirmed reports of any incidents.

> "The poison, sandwiched between slices of buttered bread is being left on beaches"

Others have been found at Bosham further down the coast and at Lavant, near Chichester. The poison, sandwiched between slices of buttered bread, is being left on beaches, and there are fears an animal could be killed if the poisoner strikes over Easter when families flock to the coast.

In the first incident, in January, Judy Peeters's dog Rusty ate a poisoned sandwich while they were walking in Bosham.

Mrs Peeters, 72, said Rusty nearly died after eating the sandwich, which had been neatly cut in four and left on a public footpath

Continued on page 3

MORE HEADLINES >>

ANGLERS BID TO SAVE QUARRY FISHING LAKES Page 3

FUNDING AVAILABLE FOR LOCAL COMMUNITY GROUPS Page 7

ARUNDEL TURNS ON DRINKING FOUNTAIN IN TAP WATER CAMPAIGN Page 8

RUSSELLS GARDEN CENTRE

weber BBQ SALE

Russells - the garden centre, lifestyle store and award winning restaurant & deli
Tel: 01243 512525 Find us on the road to West Wittering beach www.russellsgardencentre.com

InterCash BUREAU de CHANGE

WE CAN'T GUARANTEE WHAT HAPPENS ONCE YOU GET OUT THERE, BUT WE CAN START YOU OFF ON THE RIGHT FOOT BEFORE YOU GO!

COMMISSION FREE FOREIGN CURRENCY
+ Excellent Rates of Exchange
and our unrivalled InterCash Customer Service

(NOW NEARLY 19 YEARS AS THE MOST POPULAR BUREAU de CHANGE IN OUR REGION)

If you cannot get to us to change your money, please Make sure that you check very carefully exactly what rate(s) you are actually being offered. Beware of any hidden charges (we don't have any) and/or any "minimum spend" requirements (we don't have any of those, either). And, if you're paying by card, make sure your card company doesn't charge on foreign exchange transactions, as many of them do!

The exchange rates we advertise every day are the MINIMUM you will get, even if you are changing just £1 - there are NO minimum spending limits involved, but there are better rates for changing larger amounts!

105e Commercial Road (corner Edinburgh Road)

120 London Road North End, Portsmouth

Gladstone Place Buckland, Portsmouth

5 Marmion Road, Southsea

322 London Road Waterlooville

16 Market Road, Eastgate Square, Chichester

32 Jewry Street, Winchester

LATEST RATES UPDATES & OPENING HOURS AVAILABLE VIA OUR CUSTOMER CARE LINE

Travellers Cheques

023 9265 6900

www.intercashuk.com

MOST MAJOR CURRENCIES ALWAYS HELD IN STOCK

FOLLOW US ON TWITTER
@chiherald

Anglers' bid to save quarry fishing lakes

AGGREGATES firm Cemex has pledged to sell its angling business which includes more than 70 lakes – a firm that also own the lake at Rutland Way, Westhampnett.

Anglers across the country are being urged to work together to buy the lakes in a bid to save them from being taken away from angling.

The majority of the sites, which are former gravel pits, are in Berkshire, Bedfordshire, Essex, Hampshire, Kent, Surrey and West Sussex.

The Angling Trust is urging its member clubs to work together on a bid to the agents handling the sale.

Trust spokesman Martin Salter said: "It won't mean a lot to people who are not anglers but to a lot of people these waters have become a second home.

We are encouraging our member clubs to make bids to the agents to ensure we can do everything we can to see angling remains at these waters.

There is a concern that if a small angling club puts in a bid for one site and a large consortium bids for a number of sites, the local angling clubs could lose out.

If we get angling clubs to work together, their bids could be viewed more favourably."

Mr Salter said: "These are places where people will go and spend a whole weekend fishing.

"The big worry for us is that this could be broken up and, although they are designated for recreational use, that doesn't necessarily have to be fishing.

"If a new owner came along who did not think that fishing was the best use then we could lose some waters."

A Cemex UK spokesman said: "A difficult decision has been made to put Cemex Angling up for sale.

As part of the regular and on-going business reviews, we have decided that angling is not core to our operations and in the current economic climate we have limited resources and capital to develop the business in the future."

The company said it would honour existing tickets and would be selling tickets for the season ending in March 2013. Deposits for waiting lists would be refunded.

Continued from page 1

By the time Rusty was ordered to leave it, she had already eaten three quarters of it.

Mrs Peeters told the Daily Mail: 'It was fresh white bread. It was lucky I recognised the rat poison.'

A week later, local resident David Weston's dog Rufus fell ill after eating some slug pellets, also in the Bosham area.

One dog almost died after eating a sandwich, which had been left on a public footpath.

A third dog was violently ill after eating a sandwich laced with rat poison in February.

Sergeant Alan Fenn from Chichester's Manhood neighbourhood policing team said: "We are liaising with Chichester District Council dog wardens, local land owners and dog walkers, but at this time there appears to be just these two confirmed incidents and no obvious links between them. There have been a number of rumours circulating about 'poison sandwich' incidents on the beaches of East and West Wittering, but these have not been confirmed."

This will be a flashback to seven years ago when similar attacks happened killing at least one dog.

Bus fares increase

BUS fares in and around Chichester have been increased from this week with the rise in fuel tax being blamed for the hike.

The Chichester to Bognor single fare is set to increase by some 6 per cent from £3.50 to £3.70.

Stagecoach, which runs services in East and West Sussex, said the Government's proposed increase in fuel tax and cuts in subsidies had forced it into the fare rises which affect daily and weekly tickets.

The company said: "We have tried to keep the rise to a minimum but we are facing a 74% increase in Government Fuel Tax along with increases in other operating costs."

Stagecoach defended the rises saying the average fare increase is less than half the rise in annual motoring costs. It added that its prices were up to 20 per cent lower than other companies. A spokesman said it had been hit by the Government's 20 per cent cut in Bus Service Operators Grant and the planned 3p fuel duty rise, which will take more than £572,000 out of the profits of the local bus network in Sussex, Surrey and Hampshire.

The Littlehampton to Arundel return will increase from £5.55 to £5.80.

Multi-journey (Megarider) tickets in Bognor will increase by more than 5 per cent to £16.00.

In Chichester they will also go up by 50p to £10, with the gold ticket rising by £1 to £20.50.

Chichester hospital patient death suspects' bail extended

THREE West Sussex hospital workers arrested on suspicion of the manslaughter of an elderly patient have had their bail extended.

Joan Dixon, 77, of High Street, Findon, died of a suspected overdose at St Richard's Hospital, Chichester, on 19 October 2010.

Post-mortem tests confirmed the cause of death as digoxin toxicity.

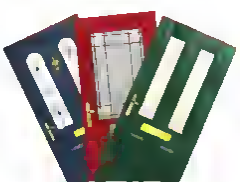
A 24 year-old woman and a man, 38, from Chichester, plus a man, 42, from Emsworth have been bailed until 23 May.

A Sussex Police spokeswoman said St Richard's Hospital had been assisting police with their investigation and a police report was being considered by the Crown Prosecution Service.

Digoxin is used to treat a number of heart conditions.

An inquest was opened and adjourned on 2 November 2010.

Fantastic deals this Spring



Dont Miss out
Take advantage of our
0% Interest Free

Full Yale Composite doors From £599
Including *VAT AND FITTING*

That's cheaper than standard upvc
Offer ends 30th April 2012 quote ALO1

Buy 5 windows get cheapest window *Free*
All conservatories /porches complete with
Free tiled floor

More Than Windows
Doors Conservatories & Home Improvements
12 Shore Road, East Wittering, Chichester, PO20 8DZ

Alton 01420 409762
Basingstoke 01256 689520
Chichester 01243 673887
Petersfield 01730 406239

www.morethanwindows.biz

Proud members of Checkatrade.com Where reputation matters
FENSA Registered Company

I was ashamed of Chichester

Tommy Boyd

HONESTY
It's time we were more honest. To others and to ourselves.

THE FALKLANDS
I honestly believe that if the people who live on those bleak islands love being British so much they are free to come and live here. Otherwise they should recognise they have a better future as Argentinians, whose prospects are far better than ours. The legacy of the personnel who lost their lives in 1982 is best served by ensuring it never happens again, and the people who can ensure it doesn't are the Falklanders themselves.

CAR PARK SPACES
They are getting smaller. Although the ones outside the new John Lewis store look Range Rover friendly.

PETROL PANIC
I was ashamed of Chichester, to see all our garages empty. This is CHICHESTER, not some two-bit conurbation in S'W London. We do not wear baseball caps, or queue for January sales. And we absolutely do NOT panic-buy anything, especially something as mundane as petrol. Shellfish or logs maybe. Get a grip.

LOCAL CYCLISTS
They have all the Tour de France kit, except a leading car. So how do they know their route? They don't have maps round their necks like ramblers. Maybe, like my dad driving around London you just "keep going until you see something you recognise".
My best mate is cycling from Land's End to John O'Groats in June. This is a man who gets lost using his Sat Nav. We'll never hear from him again, unless he gets picked up for straying into an Iranian "Research Facility".

IRAQ
A journalist colleague who worked for the same group as I did was hanged by Saddam for taking photos in Iraq. We were right to get rid of him.

CHICHESTER BARRACKS
They are converting the barracks into luxury homes. They'll probably knock it down but if not, I wonder who'll buy the old jailhouse, where they held the "Angel of Death" – Argentina's war criminal, in 1982. Arguably the most notorious licensed killer of the twentieth century. We couldn't agree on whether he was a prisoner of war, or a mass murderer (he was both), so we released him back to Argentina to continue his atrocities. Apparently he spoke well of his time here.

EMAILS
Gaynor Peel emailed to remind me that the Council's plan to encourage business in Chi is to adopt Sunday charging at car parks. To be honest Gaynor, I am too distracted by the sheer voluptuousness of your name to pay much attention to such mundane issues. And Nigel Lockley emailed to ask "Do you still have the Amstrad Laptop which you used to use on the train to London?" No Nigel it was stolen by some yobs somewhere between Haslemere and Petersfield one evening when I was at the buffet watching Spurs on my 3 inch portable TV.

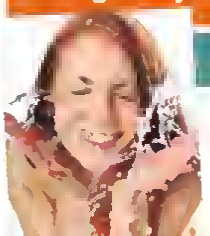
JOKE
A man says to his friend "I'm going to get rid of my dog. He chases anything on a bike." The other guy says "Seems harsh though. Why don't you just confiscate his bike?"

CONTACT TOMMY AT TOMMY.BOYD@CHICHESTERHERALD.CO.UK FOLLOW TOMMY ON TWITTER @THETOMMYBOYD

DID YOU KNOW?

BOOK YOUR FREE DEMO TODAY 0845 1 700 500

You can eliminate limescale throughout your home, forever!



UKh2o is your authorised dealer of Kinetico water systems

- Banish limescale & maintain the efficiency of your heating system
- Compact non-electric system with a 10 year parts guarantee
- Block & tablet salt, delivery or collection
- Quooker instant hot water taps
- Rental scheme available.

Arrange your free home demo or visit our showroom
UKh2o, 50 Ferring St, Ferring, W Sussex BN12 5JP

call 01903 500 551
or visit www.ukh2o.com
UKh2o

Man found dead after fire in flat

AN ELDERLY man has been found dead by firefighters called to a block of flats in West Sussex.

West Sussex Fire and Rescue said it was alerted by a neighbour who reported the smell of smoke coming from a flat in George House, Manor Road, Selsey.

Fire crews forced entry to the flat just before 1pm on Saturday and found a small fire in the kitchen that was already out. The man was found in the bedroom.

The fire is thought to have started accidentally.

Fire crews said the flat was fitted with a smoke alarm but it was found to have no battery.

Man charged with GBH remanded

A MAN charged with grievous bodily harm following an incident in Caravada Road, Arundel, on Wednesday night has been remanded in custody.

Andrew McCartney, 26, of Fitzalan Road, Arundel, was arrested by officers shortly after the incident in which a man received a stab wound to his arm.

He was charged on Thursday (29 March) with Section 18 GBH and possession of a bladed article and appeared at Chichester Magistrates' Court this morning where he was remanded.

His next court appearance is on 11 June at Chichester Crown Court for a plea and case management hearing.

Chichester Herald
FREE EVERY FRIDAY
Chichester Herald [illegible] daily [illegible] is sent to surrounding areas in a [illegible] locations with a weekly readership of approx 45,000.

Distribution locations include: Tesco, Sainsbury's, Waitrose, Asda, Co-op, Chichester Bus Station, Chichester Train Station, Westgate Leisure Centre, St Paul's Meals & Wellbeing, Cineworld, newsagents, Co-op, Shop, Chichester College plus over 100 newspaper stands in the area. Chichester Herald is also in all coffee shops. We also distribute at least one newspaper to the majority of the addresses in your area including industrial estates and the outskirts of the city.

Pick up point areas and businesses delivered to include:
Alowick, Arundel, Barnham, Bersham, Bognor, Bracklesham, Chi or outer, Fontwell, Goodwood, Midhurst, Nyetimber, Pagham, Rose Green and East & West Wittering.

Contact us

Information:
info@chichesterherald.co.uk

Managing Editor:
Dean Adams *(Managing Editor)*
dean.adams@chichesterherald.co.uk

Sub Editor:
Megan Hedges *(Sub-Editor)*
megan.hedges@chichesterherald.co.uk

News, sport & entertainment:
news@chichesterherald.co.uk

Advertising:
adverts.ng@chichesterherald.co.uk
Hannah Rason *(Advertising Manager)*
Hannah.rason@chichesterherald.co.uk
Ben Cook *(Advertising Executive)*
ben.cook@chichesterherald.co.uk

Accounts:
Mark Ansell *(Finance Director)*
accounts@chichesterherald.co.uk

Telephone:
01243 200999

Head office:
[illegible] Chichester West Sussex, PO19 7BB

www.chichesterherald.co.uk

Twitter: @chiherald

It really does work... the testimonials: Furniture & Mirror, based in Terminus Road say: "Whilst a couple were having a coffee in Bhs they picked up a Chichester Herald from the stand in the cafe. They were in Chichester looking for furniture. Having seen our advert they came around to the showrooms and having been impressed with the quality and prices, they ordered a large selection of goods from us!

Recycle
Chichester Herald is printed from 100% recycled paper. Please recycle after you have finished reading your wonderful newspaper.

Printed by Iliffe Print www.iliffeprint.co.uk

Visit our Showrooms at Market Road Chichester & Blackbrook Road Fareham

Celebrating 25 years of continuous trading

idealwindowsolutions

YOUR LOCAL A RATED WINDOW COMPANY

Spring into action save energy, save money & make your home beautiful

	Fully Fitted INC VAT	Superior A Rated Windows	Standard C Rated Windows
4	Windows any size	£1995	£1775
6	Windows any size	£2975	£2650
8	Windows any size	£3950	£3495
10	Windows any size	£4970	£4395
12	Windows any size	£5950	£5395
14	Windows any size	£6950	£5995
16	Windows any size	£7850	£6795

10 year insurance backed warranty

Competitive Finance Rates Available details on request

ANY SIZE WHITE PVCu PATIO DOORS OR FRENCH DOORS

up to 3000mm wide and 2100mm high

£1095 INC VAT

Yale The UK's First & Only Energy Rated Doors HIGH SECURITY LOCKING – INSURANCE APPROVED

Secured by Design

any size and in any colour FULLY FITTED £995

Composite door with high security white door FULLY FITTED £550 INC VAT

Local company with fantastic Checkatrade feedback from over 1000 satisfied customers

For expert advice on our exclusive range of PVCu, Timber and Aluminium Windows, Doors & Conservatories

FREE PHONE 0800 731 8761

www.idealwindowsolutions.co.uk

Ideal Window Solutions Ltd, Unit 12 Blackbrook Business Park Blackbrook Road, Fareham, Hampshire PO15 5DR

enviroWindow FENSA Checkatrade.com lifechoice dgcos

Energy Saving Trust recommended

Pubwatch launcbed in Selsey

THE LICENSEES of Selsey have grouped together to deter and prevent alcohol related disorder. The Selsey Pubwatch Group has been formed to discuss incidents involving crime or disorder in or connected with licensed premises at regular meetings. Those responsible may be issued a ban by the Group for any period. If the Group decide to ban somebody, they will be banned from all member premises with no exceptions.

The intent is to increase the sharing of information on problem individuals or groups, stop those who cause trouble from entering licensed premises and to make Selsey a warm and welcoming place to go out.

A spokesperson from the group says "There is no place in our community for those who commit acts of violence, cause damage, disrupt the enjoyment of others or consume illegal substances. If people choose to ignore that advice, they stand to be rejected by those of us responsible for licensed premises and will find it very hard to go out in Selsey."

PC Andy Rawlinson, Neighbourhood Constable for Selsey Town, says: "It is to the credit of the licensees of Selsey that they've taken responsibility for trying to prevent crime and disorder in their Town. They are sending a clear message - if you commit crime here, abuse drugs or disrupt the enjoyment of others having a night out then you will likely be banned."

Selsey Pubwatch Group currently consists of: The Neptune Public House, The Fishermans Joy Public House, The Seal Pub & Restaurant, Bunn Leisure, Selsey Country Club, De Lavante Mediterranean Restaurant and Tapas Bar, The Co-operative Selsey.

New members are welcome and can contact Selsey Pubwatch via one of the licensed premises in the group.

John Lewis at home Chichester now open

JOHN LEWIS at home Chichester, located on the Portfield Retail Park, opened its doors to customers for the first time on Thursday. The 40,000 sq ft shop, which has created 140 jobs in the local area, is the first John Lewis shop to open in Sussex.

Just before the shop opened Branch Manager, Claire Dunkason, addressed new Partners (staff). The welcome speech outlined the importance of opening the first John Lewis at home shop in Sussex and the key role Partners will play in making their shop a success.

To officially mark the occasion, the ribbon was cut by representatives from the three local organisations the shop is supporting as part of its charitable giving scheme, Community Matters; Stonepillow, The Sussex Snowdrop Trust and Chichester Cathedral Restoration and Development Trust.

Claire Dunkason, Branch Manager of John Lewis at home Chichester, said: "We are thrilled to have opened our new shop in Chichester today and it's incredible to see how much we have achieved over the last seven months. From the construction of the building and training our new Partners to last week's stock delivery, every element has worked brilliantly and enabled us to be ready to welcome customers here today.

"We are confident that we can serve our customers well by giving them convenient access to a wide range of John Lewis products and providing the exceptional customer service John Lewis is renowned for.

"My team and I are keen to be part of the local community and look forward to meeting more customers in the coming weeks."

Representatives from Community Matters, Sussex Lives Life Ambassador Lou Hirsch and Manager Claire Mott

County Council and water companies work together as drought continues

WEST Sussex County Council says it will be doing all it can to help persuade people to use water wisely after a meeting with senior representatives from water companies, and the Environment Agency.

A hosepipe ban for a large part of the county, which comes into force yesterday (April 5), led to the 'drought summit' at County Hall.

Lionel Barnard, Deputy Leader of the Council, said: "It was a good chance for us to find out more about the situation in the county, and we will be doing all we can as a local authority not only to lead by example in terms of saving water but by encouraging residents to do the same."

The meeting was attended by Southern Water and South East Water, which are both introducing restrictions, and Portsmouth Water, which is not introducing a hosepipe ban but has urged its customers to exercise 'voluntary restraint' over the coming months. The Environment Agency was also represented.

BEAT THE CLOCK

£15 Joining Fee

Join any time in April and pay no monthly fee until May.

Westgate Leisure

Provided by Chichester District Council

Westgate Leisure Chichester

Our Premier + membership includes:

- Unlimited use of the newly refurbished state of the art gym facilities, Health Suite, Swimming, Aqua Classes, Fitness Classes, Badminton, Squash, Table Tennis and Short Tennis at Westgate Leisure Chichester
- Unlimited use of Gym facilities, Fitness Classes and Tennis at Westgate Leisure Bourne
- Free Parking

Membership from £39.06 per month

Westgate Leisure Bourne

Offer includes:

- Unlimited use of Gym facilities and Tennis Courts
- All Fitness Classes including Yoga, Pilates and Aerobics

Membership from as little as £24.65 per month

Best of all there are no TIE IN'S

For more information please contact:

Westgate Leisure Chichester, Via Ravenna, Chichester. Tel: 01243 839978

Westgate Leisure Bourne, Park Road, Southbourne. Tel: 01243 376101

www.westgateleisure.co.uk

Funding available for local community groups

SITA Trust has announced application deadlines for its 2011 Enhancing Communities Fund and now clubs, groups and organisations within a three-mile radius of Lidsey Landfill Site in West Sussex, could benefit from funding from SITA Trust to improve their facilities.

SITA Trust receives its funding from recycling and waste management company, SITA UK, but has an independent board that decides which projects to support. Since it was set up in 1997, the Trust has distributed over £87million, with £0.2 million in 2011 alone.

Jools Granville of SITA Trust said; "We're delighted to be able to accept applications from not- for- profit organisations wishing to regenerate or update community leisure facilities within three miles of Lidsey Landfill Site. To see if your facility falls within this funding zone just add the site postcode to the postcode checker on our website."

Find out more at SITA Trust's website: www.sitatrust.org.uk or you can call 01454 269910 if you require further information.

• DETECTIVES are investigating a series of burglaries that have taken place across Chichester and Arun in recent months.

Most recently, thieves broke into properties in Almodington and Highleigh last Wednesday night (28 March) and stole numerous items including phones, money, computers and laptops.

The burglaries started last October in Chichester district when two offences took place in Runcton and Sidlesham Common, a further two occurred the following month in Runcton and Donnington. Since then, the number of offences has continued to grow and expand into Arun and so far over 50 have been linked under the enquiry name of Operation Etna.

Detective Sergeant Michelle Auger, who is leading the investigation, said: "Burglaries have taken place in numerous locations across the Chichester and Arun districts, including Clunping, Aldingbourne, Eastham, Fishbourne, Bury, Duncton, Selsey, Patching and Hunston.

"The majority of these offences are taking place at night in rural areas and it would seem that they're happening every couple of weeks, when anything between three and six offences can occur in just one night."

Anyone who has witnessed anything suspicious or has any information about the burglaries is asked to contact police on 101, quoting Operation Etna. Alternatively, call the independent charity Crimestoppers anonymously on 0800 555111.

Lesley supports hens with party

RUSSELLS Garden Centre is holding a 'Free Range Friday' on Good Friday to help raise awareness and funds for the British Hen Welfare Trust - a charity which rehomes ex-battery hens and promotes the use of free range eggs.

The popular garden centre will be hosting the following activities on Friday, Saturday and Easter Monday: Easter egg hunts, colouring competitions, cake making and free tastings, meet our pet chickens and our chefs will be featuring lots of dishes baked using organic free range eggs in the restaurant.

Russells Garden Centre is on Main Road, Birdham, near Chichester.

Unique designs from Germany & the UK

Free design, planning and quotations

Project Management from start to finish

So if you are looking for a new kitchen, why not visit Freestyle for your quote

FreeStyle Kitchens

We are open Mon - Sat 9am - 5pm (evenings by appointment)

Portfield Trade Centre, Chichester PO19 8NS 01243 776000

Broadwater Green, Worthing BN14 9EY 01903 215550

Email kitchens@freestyledirect.co.uk

www.freestyledirect.co.uk

Come and see what our professional designers can do for your kitchen... At the right price!

• CHICHESTER District Council is looking for two loving homes for two stray dogs, desperate for a new start in life.

Coco, is a Shar Pei She is a lovely happy dog, who is five years old and is extremely well behaved She needs an adult only home because she is a stray and there are no details of her history

Toto is a Patterdale Terrier who is a happy little dog, who loves people, but needs some training He is one to two years old and will need neutering He needs an adult only home because he is a stray and again there are no details of her history

Arundel turns on drinking fountain in tap water campaign

A WEST Sussex town has turned on a new drinking fountain as part of its campaign to persuade people to drink tap water rather than bottled water

The fountain has been installed on the quayin Arundel for everyone to use

Arundel Agenda 21, the community group behind the initiative, has also designed a reusable "collapsible water bag" for people to fill with water.

Spokeswoman Rita Godfrey said: "Plastic water bottles cause such waste and wildlife problems and are a rip-off."

She added "More people are now turning back to tap water and we want to make healthy tap water freely available to everyone visiting our town."

The project has been supported by the South East of England Development Agency (SEEDA), West Sussex County Council, Arundel Town Council and Southern Water

Designer jewelllery stolen

POLICE are appealing for information to help locate several items of expensive jewellery along with a designer handbag and a laptop that were stolen from a property in Midhurst during February 2012.

Entry was gained to the property in The Fairway, Midhurst via a smashed window at the back of the house.

The stolen items include a blue leather Gucci bag, a gold tie clip with five sapphires set in it with the word UPJOHN written on it, an old looking silver snuff box, 2 pairs of silver Tiffany earrings, a silver ladies ring with white sapphires, a pair of gold and opal ladies earrings, a gents gold plate watch, a silver Tiffany money clip and various other items of costume jewellery

If you have been offered any of these items for sale or have information about the burglary please call 101 quoting serial 0410 of 03/03 or the independent charity Crimestoppers anonymously on 0800 555 111.

Man jailed for sexual offence in Bognor

A MAN has been jailed for 14 months for engaging a vulnerable teenager to engage in sexual activity without consent.

Edward Fane, 57, of Upper Bognor Road, Bognor Regis, had pleaded guilty to the offence and was sentenced Tuesday (3 April) at Chichester Crown Court.

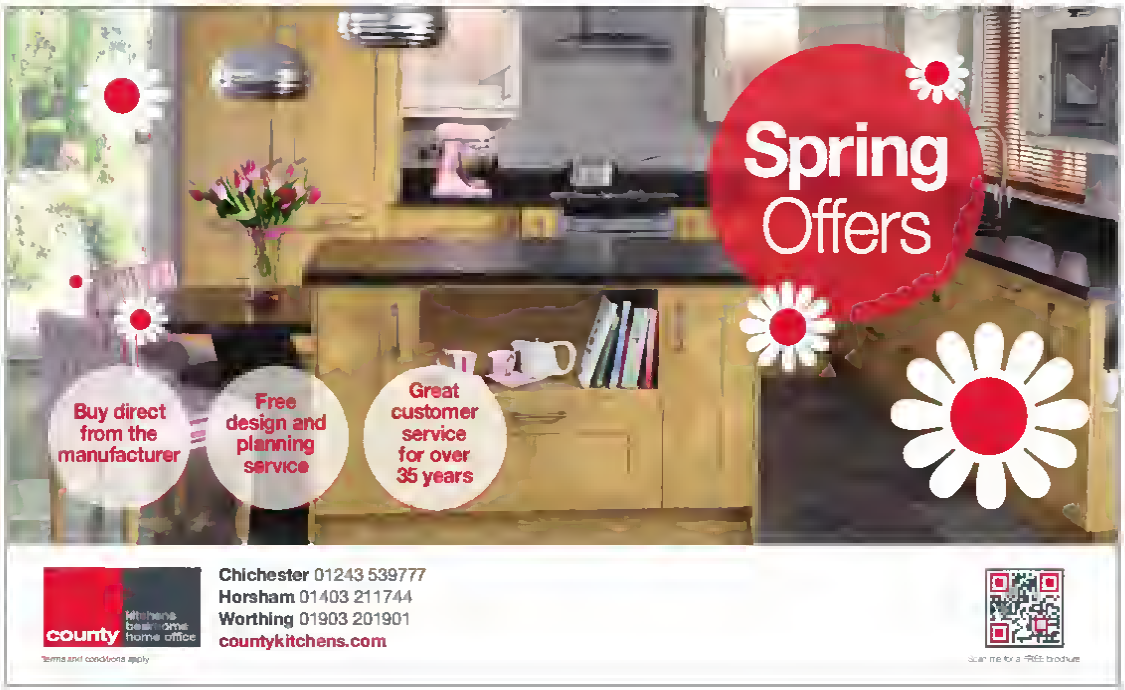
The court heard that a 17-year old boy, who was vulnerable due to a learning disability was playing on his skateboard in the Bognor area, when Fane spoke to him and invited him back to his home on the pretence of helping him move a piece of furniture as he had a bad back.

He offered the victim £10 and then took him to his home which was several miles away from where he was playing The boy used the toilet and moved the cabinet in Fane's bedroom a couple of inches It was then thet the offence occurred

The boy was very frightened and ran out of the house. Fane took him back to where he found him and gave him £10 telling him not to tell his mother

The offence came to light when he was at school having a lesson on appropriate touching. The matter was reported to the police in February 2011.

Judge Ackner told Fane that he had exploited and manipulated a very vulnerable young man. Fane was also ordered to sign the sexual offenders register and made the subject of a sexual offences prevention order.



City Denture Clinic Chichester

city denture clinic

Smile yourself into Spring with The City Denture Clinic, Chichester

- **Full and Partial Dentures**
- **Chrome Cobalts**
- **While you Wait Repair & Cleaning Service**
- **Additions/Alterations**
- **Relines**
- **Ground Floor Wheelchair Friendly Surgery**

We know at City Denture Clinic how looking and feeling good within yourself can be highly beneficial not only for your health but also for your own self esteem.

Many of our patients visit our clinic as they are unable to enjoy their favourite foods, due to poorly fitting partial plates and full dentures, which often leads them to eating foods which are 'easy' rather than a varied diet which of course is essential in maintaining good health.

From a cosmetic view for denture wearers, of course everyone feels better and indeed more confident being able to smile with a natural looking plate or denture!

Find us here:

City Denture Clinic, Quarry Lane, Chichester, West Sussex PO19 8NY
Just remember as you turn off the A27 Bognor Roundabout to go.. next LEFT then next LEFT then Right by Dulux.

At the City Denture Clinic, we're specialists, dedicated solely to producing high-quality complete and partial dentures.

Having our own laboratory and skilled technicians on site enables us to achieve the best possible results allowing us to monitor and adjust your dentures at each stage of production. All of our dentures are hand made 'in house'.

Andrew Colman Dip CDT RCS (Eng)

Our team is headed by Andrew Colman who has 24 years experience in the dental profession he is a fully qualified Clinical Dental Technician (Registered with the General Dental Council Reg No 109545) having been awarded the Clinical Dental Technician Diploma by the George Brown College (Toronto) and the Royal College of Surgeons (England) and is also a qualified IRMA operator in Ionizing Radiation.

With his long experience Andrew has an exceptional understanding of each individual's needs. CDT's have the clinical and technical skills to design and handcraft every denture to the individual patient. Such services were previously only available if you visited a dentist, but are now available direct through the City Denture Clinic.

We offer a free initial consultation **01243 533019**

www.citydentureclinic.co.uk

Arundel Castle unveils festival programme

WITH THE NEW tourist season underway, Arundel Castle has announced the line-up for the town's major arts festival in August 2012

Making their first appearance in the stunning surroundings of the Barons' Hall is award-winning classical vocal quartet Blake. The Arundel Festival opening concert on Monday 20 August at 7.45pm is sure to prove a popular fixture for this highly talented ensemble

They released their debut album "Blake" in November 2007, which won the Album of the Year Award at the Classical BRIT Awards in 2008. The album contains covers of popular classical songs and themes from the movies, creating a more commercial classical-pop crossover sound

Since then Blake have produced two further successful albums, toured with Katherine Jenkins, performed at Shirley Bassey's 70th birthday party and in front of 80,000 football fans at Wembley Stadium

Blake, comprising Ollie Baines, Humphrey Berney, Jules Knight and Stephen Bowman, is greatly looking forward to their first performance in the Arundel Festival

Making a return visit to Arundel Castle after more than 10 years is the fabulous Syd Lawrence Orchestra. On Tuesday 21 August Festival fans will be treated to a wonderful al fresco performance in the beautiful setting of the Collector Earl's Garden

Originally founded in 1967 by trumpeter and arranger Syd Lawrence, the Orchestra has been thrilling audiences in concert halls, theatres, TV shows and music festivals all over the UK and Europe for more than 40 years. Renowned for its exciting blend of high octane "big band swing" and classic dance music, the Orchestra's repertoire ranges from the legendary Glenn Miller through the era of the great Count Basie Orchestra to the hit songs of Frank Sinatra and Ella Fitzgerald. It has been voted "Best Big Band in the Land" on numerous occasions

The Orchestra, directed since Syd's retirement in 1996 by Chris Dean, has a repertoire of over 1,200 classic Big Band titles including hits from the Great American Songbooks of George Gershwin, Jerome Kern, Harold Arlen, Hoagy Carmichael, Irving Berlin and singers Frank Sinatra, Nat 'King' Cole, Sammy Davis Jr, Bing Crosby, Tony Bennett, Matt Monro, Ella Fitzgerald, Peggy Lee, Barbara Streisand and others

Concert goers can toe-tap to the tunes of the fabulous forties and sing-along to the strains of the Glenn Miller sound.

Back by popular demand are the GB Theatre Company with two of Shakespeare's classics The Tempest and The Taming of the Shrew. Both will be staged in the Castle's stunning Collector Earl's Garden for open-air performances between 23 and 25 August

Esteemed actor and director, Jack Shepherd will direct the production of The Tempest. Jack is probably best known for his role as Superintendent Wydrife in the

Police series of that name, which is currently re-running on ITV3. He has a great love of the Bard and has directed a number of productions both at the Royal National Theatre and The Globe.

Jenny Stephens of Birmingham Rep and Bristol Old Vic, who is also one of the directors of The Archers will stage The Taming of the Shrew. Jenny was responsible for the fabulous production of The Merry Wives of Windsor at Arundel in August 2010, so her new Shakespeare interpretation is eagerly awaited

The casting has not yet been finalised, but GB Theatre Company Manager David Davies said: "It is very exciting to have another opportunity to bring our productions to the Collector Earl's Garden which is a magnificent and idyllic open air setting for Shakespeare." We hope to cast a number of well-known actors from stage and television in both these productions.

Tickets are already available on line – www.arundelcastle.org

GARAGE DOORS IN CHICHESTER FROM A LOCAL, FAMILY RUN COMPANY

FOR YOUR FREE SURVEY AND QUOTE
CALL US NOW ON: 0800 371 057

THE GARAGE DOOR CO
WWW.GARAGEDOORCO.CO.UK

View our Customer Feedback:
Checkatrade.com
Where reputation matters

• Up & Over Doors • Sectional Doors • Roller Doors • Automated Doors
Visit us at our Showroom or Online: www.garagedoorco.co.uk
Unit 8, Phoenix Business Centre, Spur Road
Quarry Lane Ind. Estate, Chichester, PO19 8PN

~ TOP PRICES PAID ~

WANTED URGENTLY

Scrap Gold • Broken Jewellery • Watches, etc

Lowery Jewellers

74 North Street, Chichester, West Sussex, PO19 1LQ

Tel: 01243 789518

New community woodland opens to the public

A NEW community woodland at Maybush Copse, Chidham, will be officially opened to the public on Easter Saturday, April 7th, at 10am.

The opening marks the fruition of three years of work by a partnership between Chichester Harbour Conservancy, Chichester Harbour Trust and the Maybush Copse Friends, with the support of the local community.

The formerly derelict eight-acre site has been planted with 4,500 trees and has a network of woodland paths and a wheelchair path for people to enjoy. There are three beautiful viewpoints with Oak benches looking out over the neighbouring farmland towards the Chichester Harbour, and in time there will be open areas of wildflower lawn for families to enjoy picnics and ballgames.

A new permissive footpath links Maybush Copse to the local public footpath network offering links to the Chichester Harbour shoreline and the villages of Nutbourne and Chidham.

The entrance to Maybush Copse is on Cot Lane, Chidham. Visitors are encouraged to arrive on foot or by bike. Lockable cycle posts, kindly supplied by The Friends of Chichester Harbour have been provided along with a disabled parking space. There is roadside parking for a small number of cars.

Nicky Horter, the Conservancy's Countryside Officer said, "We are looking forward to welcoming everyone to Maybush Copse, this project could not have happened without the support of the local community and all our funding partners".

For more information on the project visit the Maybush Copse pages of the Chidham and Hambrook community website www.chidhamandhambrook.info

Help us to celebrate the restoration of Chichester's 1,800 year old City Walls

CHICHESTER'S historic City Walls have defended the city for almost 1,800 years – and now they're taking centre stage on Saturday 14 April at a free special event to celebrate their restoration.

The walls at Westgate Fields will be lit up, from 7.30pm to 9.30pm, using atmospheric lighting to celebrate their unique architecture and history. Throughout the evening a specially commissioned film about their history will be projected onto the face of the walls, with local people recalling their memories of the walls over the years.

Residents and visitors are encouraged to picnic in the award winning Bishop's Palace Gardens, which are surrounded by the Walls. Music will be played in the gardens, which will be beautifully illuminated with lanterns and special lighting, creating an enchanting atmosphere. Small lights will also be available on Westgate Fields for people to write messages to those on top of the Walls.

Schoolchildren from Jessie Younghusband and West Wittering primary schools will take part in a lantern parade, with lanterns that they have made especially for the event.

The event celebrates the end of a major three-year restoration project. This has included repairs to the most critical parts of the walls, as well as research into their history.

The walls are a Scheduled Monument, and at almost 2.5 miles long, they are the most intact circuit of town walls in the South of England. Originally built by the Romans, they have experienced mixed fortunes over the centuries but survive today as a valuable resource for local people as well as being nationally recognised.

Restoration work has involved stitching cracks and removing loose mortar. In other places the work was structural, with eight metre long anchors being driven through the wall to prevent it from leaning or bulging further.

Following a geophys survey, which is used to create maps of the subsurface, at Westgate Fields, archaeologists and volunteers worked together to excavate more than 375 cubic metres of soil. They revealed the huge foundation stones of a bastion - one of 70 artillery towers that once encircled the City.

The project was awarded £965,000 from the Heritage Lottery Fund, recognising the national importance of the walls. The grant was awarded to Chichester City Walls Partnership. Chichester District Council also contributed £199,000 towards the project.

The event has been rescheduled from last September when it was postponed due to bad weather.

Andy Howard, City Walls Project Officer, says: "We are really excited to be holding this event to celebrate the City Walls. The walls have defended the city for about 1,800 years so it is great to have this opportunity to celebrate their history."

CHICHESTER 01243 787748
ARUNDEL 01903 884224
MERSTON 01243 783576
www.india-gate.co.uk
PULLBOUGH 01798 873316
EAST PRESTON 01903 782444
India Gate So India
India Gate
Kings Head
Bognor Road
Merston
Chichester
West Sussex
PO20 1EH
20% OFF Your Food Bill
on presentation of this voucher
Not to be used in conjunction with any other offer
This Voucher is valid until 30/04/2012
Come & indulge in our NEW MENU
Free parking - Private car park • Function room available
(India Gate groups of restaurants are not associated with any other old or new restaurants in the area)

S&D

ELECTRICAL SERVICES LTD

SOLAR SERVICES

8-10% RETURN ON INVESTMENT

EVEN WITH LATEST FEED IN TARIFF CHANGES

ASSISTANCE WITH REQUIRED EPC RATING

CELEBRATING 15 YEAR ANNIVERSARY

- Solar PV specialists
- Inspection and testing of existing PV systems and general lighting and power installations
- All types of Domestic and Commercial Electrical installations undertaken.

CALL FOR A NO OBLIGATION QUOTE:

01243 787151

www.sdelectricalservicesltd.co.uk

Unit D | Hills Barns | Appledram Lane South | Chichester | West Sussex | PO20 7EG

WIN A PAMPER DAY FOR TWO!

Chichester Herald in partnership with the Chichester Park Hotel is giving away a fabulous luxury pamper day for two people.

The Chichester Park Hotel specialises in pamper weekends to relax, revitalise and beautify. Retreat Spa and Beauty Salon at the hotel offers bespoke treatments and pamper packages to complement any weekend in Chichester.

Retreat is offering a complete pamper day package that includes: A purity ritual facial or back, neck and shoulder massage; tea, coffee or fruit juice on arrival; use of bathrobe and slippers; a two course lunch and full use of the pool, spa bath, steam room and sauna.

For your chance to win this amazing prize for two people, please answer the following question:

Q. CHICHESTER PARK HOTEL CURRENTLY OFFER A PERCENTAGE DISCOUNT ON THEIR BEAUTY TREATMENTS, IS IT?

A) 10% B) 20% C) 30%

Further information can be found at www.chichesterparkhotel.com

Entries close on Wednesday, 11 April 2012 at midday.

Please email your entry to competition@chichesterherald.co.uk or send your entry to, Chichester Herald, Head Office, Suite 804, 26 The Hornet, Chichester, West Sussex, PO19 7BB. You must include your name, contact number and email address.

The competition is for one winner with a prize for two people for one day. There is no cash alternative.

A winner will be announced on Wednesday 11 April 2012 both within the newspaper and on our website www.chichesterherald.co.uk

Entry details will not be kept on file.

Yapton gains national publicity for its Neighbourhood Plan

YAPTON Neighbourhood Planning Group has gained national publicity for its Neighbourhood Plan.

The group and village were featured in The Times newspaper on the day new national planning rules were announced by the Government.

Group members highlighted the village's fight against a 173-house development on the northern fringe of the village. Despite the plans being rejected by the parish and district councils, a planning inspector ruled in the developer's favour last December.

Andy Faulkner, Co-Chairman of the Yapton Plan Group, says: "We are delighted to get national coverage for the group and what we are trying to achieve. The issues that affect Yapton are replicated across the country."

The Yapton Neighbourhood Plan is being compiled by local residents, with the support of Yapton Parish Council, to establish a vision for the evolution and long term sustainability of the village over the next ten to fifteen years.

The group is one of 108 projects around the country that was successful in its application for the fifth wave of the Neighbourhood Planning Front Runners' scheme.

Last month the group was awarded a £20,000 Government grant to develop its plan. The money will be used to support their work to help their communities with neighbourhood planning.

Yapton Neighbourhood Planning Group is asking local residents to complete a survey about how they would like to see the village develop. The results will inform the final plan. Surveys can be found and completed:

- online at Yapton Neighbourhood Planning Group's website at www.ynp.org.uk where you can also download additional copies,
- a copy available is available in the current issue of the parish magazine, or
- at local collection/drop off points in the village including the Co-op, Avisford Surgery and Bilsham stores.

The survey is available in an easy-to-read version for the visually impaired.

The closing date for completing the survey is Thursday 31 May.

WOODS
THE COMPLETE TRAVEL SERVICE
READER OFFER

Russell Watson

SUNDAY 10 JUNE 2012
Portsmouth Guildhall
Adult, Senior Citizen & Child £75
Includes coach travel & entrance

Perhaps the UK's greatest ever tenor, Russell returns with a stronger, more driven and powerful voice, his renditions of Pino Donaggio's Io Che Non Vivo (Senza Te), Mario Lanza's Arrivederci Roma and Parla Piu Piano (the theme from The Godfather) are nothing less than astounding.

Coach pick ups in Rustington, Littlehampton, Felpham, Bognor, Chichester.

01243 868080

Park Road, Bognor Regis, West Sussex, PO21 2PX

WOODS
THE COMPLETE TRAVEL SERVICE
READER OFFER

CAKE INTERNATIONAL
(THE BIGGEST DECORATING & BAKING SHOW IN THE WORLD)
SATURDAY 28 APRIL 2012
EXCEL, LONDON
Adult £37, Senior Citizen £36 & Child £26
Includes coach travel & entrance

Cake International offers prestigious competitions drawing competitors from across the globe to showcase their cake artistry skills. The range of supplies and products on offer is staggering, and with so many exhibitors gathered in one place, your search for those elusive cutters, glitters, tins, stands and piping nozzles may well be over.

Coach pick ups in Chichester, Rose Green, North Bersted, Bognor, Felpham, Littlehampton & Rustington

01243 868080

Park Road, Bognor Regis, West Sussex, PO21 2PX

NOW OPEN 7 DAYS A WEEK
- MANY MORE NEW SUITES NOW IN STOCK
- OPEN GOOD FRIDAY & EASTER MONDAY (10-6pm)

FURNITURE WAREHOUSE
BOGNOR BED CENTRE

DIVAN BEDS - BEDSTEADS - MATTRESSES - BEDROOM FURNITURE RANGES - SOFT FURNISHINGS - UPHOLSTERY

IMMEDIATE DELIVERY!

END OF SEASON SALE • END OF SEASON SALE • SPRING SALE • SPRING SALE • SPRING SALE • SPRING SALE • SPRING SALE • SPRING SALE • SPRING SALE • SPRING SALE

SUITES BARGAINS

GET IT NOW (immediate Delivery)

£1000's OFF NORMAL PRICE

ADJUSTABLE ELECTRIC BED
(One Year Warranty)
FROM £399 YES!

FEATURES & BENEFITS
- PowerLift AC Motor
- Wireless Remote Control
- Optional mobility through twin wheel locking castors
- Raise and lower head & foot sections to desired comfort position

LIGHTT & PLATT EXCLUSIVE
Free fall design & safety rollers allowing head & foot sections to lower by gravity only
(Range of sizes 2'6" - 3')

Luxury Tufted pocket sprung mattress with electric adjustable foundation

Kingsize available

£99
(RRP £249)
4'6" Dark Brown
HALF PRICE MATTRESS
(selected mattresses)
WHEN YOU BUY THIS FAUX LEATHER BED!

£169
(RRP £349)
4'6" Dark Brown
HALF PRICE MATTRESS
(selected mattresses)
WHEN YOU BUY THIS FAUX LEATHER BED!

THE LOUIS PHILLIPPE (6 PIECE) BEOROOM SET

£799
(RRP £1999) YES!

FAMOUS AIRSPRUNG DIVANS & MATTRESSES
SINGLE MATTRESSES £89
DOUBLE MATTRESSES £99
MEMORY MATTRESSES £129
3' DIVAN & MATTRESSES FROM £129
4'6" DIVAN & MATTRESSES FROM £149

THE FARINGDON OTTOMAN FAUX LEATHER BED

£169
(RRP £349)
4'6" Dark Brown
5' & 6' Available
HALF PRICE MATTRESS
(selected mattresses)
WHEN YOU BUY THIS FAUX LEATHER BED!

GET THIS AMAZING HIGH QUALITY BEDROOM SET
Includes: 4 6 Faux Leather Bed (mattress extra) Chest of Drawers & Triple Wardrobe
FOR ONLY £599
IMMEDIATE DELIVERY

ROMA 3 SEATER SOFA BED

£399
(RRP £799)
Pellissima Leather (black or brown) (sprung mattress)

MASSIVE RANGE OF SUITES IN STORE - SAVE ON HIGH STREET PRICES

EX DEMONSTRATION (store stock) MOBILITY SCOOTERS
LESS THAN 1/4 PRICE

STERLING LITTLE STAR Mobility Scooter
RRP £1295
OUR PRICE £270 Exc VAT

STERLING LITTLE GEM 2 Mobility Scooter
RRP £1999
OUR PRICE £420 Exc VAT

STERLING SAPPHIRE 2 Mobility Scooter
RRP £2795
OUR PRICE £630 Exc VAT

NO VAT CHARGED FOR ELIGIBLE CUSTOMERS COLLECT OR GET LOCAL DELIVERY FOR JUST £10

Unit 15 CastleGrove Bus PK
Durban Rd, Bognor PO22 9QT

BOGNOR BED CENTRE 01243 863363

OPEN:
Mon - Sat (10-6pm)
Sun - (11-4pm)

Britain's best sausage maker gives master class at local college

A POPULAR and successful business owner has shared his experience in sausages with Chichester's newest cookery students

Mr Bill O'Hagan, winner of Britain's Best Sausage Maker Award recently gave a master class in sausage making to the first year Diploma in Professional Cookery students at Chichester College

The day started with a talk on the importance of using only the finest fresh ingredients and absolutely no mechanically recovered meat, genetically modified ingredients, colourings, preservatives or any other artificial additives

Bill entertained the students with his passion for sausage making, the importance of seasoning and how he became the first specialist fresh sausage shop in the world O'Hagan's now make over 120 different varieties of sausage

Michael Oliver, lecturer in Hospitality, said: "The students were keen to get some hands-on experience in making sausages and prepared pork shoulder, oats and seasoning for the filling before mixing 10 kilos by hand ready to go into the sausage former"

The students then went on to try their hand at linking, this is forming a continuous chain of sausages ensuring continuity of size and shape. After a full day the students cooked some of the sausages along with mashed potato and onion gravy, and sat down to lunch with Bill.

New University lecturer appears on BBC Radio 4

AN ACADEMIC who is set to join the University of Chichester in September appeared on BBC Radio 4 on Monday to discuss the death of socialism.

Alwyn Turner has been appointed as an Associate Lecturer in the History department for the 2012-13 academic year and will teach 'From Angry Young Men to Cool Britannia', a second year module that explores society and the culture of modern Britain.

He said: "I came to Chichester last summer for the conference on The Avengers and returned in the autumn to give a couple of guest lectures. I fell in love with the place, both the city and the University were hugely impressive and very welcoming, so I'm delighted to be returning in a more formal capacity."

Alwyn recently published an e-book book entitled Things Can Only Get Better: The Lost Generation of 1982, which argues that a generation turned away from politics and put their energy into culture when Margaret Thatcher declared 'the death of socialism' after the Conservative election victory in 1982

He said: "For most of my life, politicians were older than I was, then suddenly they became younger – at no stage did those of us born a few years either side of 1960 seem to be in power. The book is an attempt to explain this phenomenon, rooting it in the experiences of that generation, who came of age in the late-1970s and early-1980s, and whose adult life was dominated by the eighteen-year Conservative government.

"The e-book argues that the political disillusionment of a generation and the cultural renaissance of the 1990s are related, that there was a turning away from politics and that the disillusion consequently spread into the country more widely."

The Radio 4 programme 'Start the Week' saw Alwyn discuss his views with Janet Daley and the Labour MP Tristram Hunt, both of whom argue for alternative interpretations of events.

'Start the Week' was broadcast on BBC Radio 4 at 9am on Monday 2nd April. Things Can Only Get Better is available to download now from www.amazon.co.uk.

• A 72-YEAR-OLD local woman is in St Richards Hospital with a broken hip resulting from a collision with a cyclist in Sudley Road, Bognor on Wednesday.

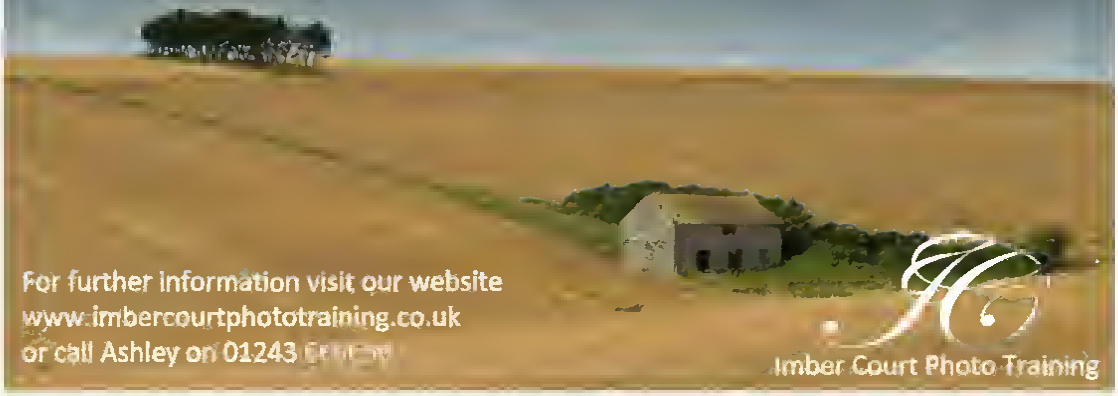
Police and emergency services attended the scene near London Road at around 2pm.

A member of the public witnessed the collision and alerted the emergency services whilst following the cyclist into Hotham Park and returning him to the scene until police arrived.

A 51 year-old man from Bognor was arrested on suspicion of being drunk in charge of a pedal cycle and grievous bodily harm. He has been bailed until 18 May pending further enquiries.

Digital Photography Courses at Chichester Yacht Club

3 Day Intensive Beginners Courses
Improvers Courses
Low Light Photography Courses
Photoshop & Photoshop Elements Courses



For further information visit our website
www.imbercourtphototraining.co.uk
or call Ashley on 01243

Imber Court Photo Training

Bedrooms by
feather & black

Offers of the week

Clearance Outlet
Up to 75% off*

Cameron King Bedstead
Was £949 Now £449 Save £500

Olivia Bookcase
Was £645 Now £249
Save £396

Ceylon 1 Drawer Bedside
Was £369 Now £125 Save £244

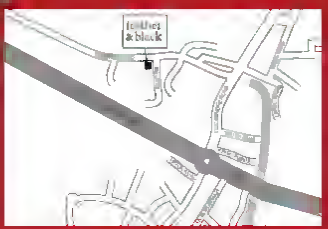
Salisbury Small Wardrobe
Was £915 Now £299 Save £616

Hoxton 3 Drawer
Was £549 Now £199 Save £350

Avignon Dressing Table Mirror
Was £199 Now £75 Save £124

Visit Feather & Black's largest UK clearance outlet. Items added daily, first come, first served.

Feather & Black Chichester, Terminus Road, PO19 8ZZ
Tel: 01243 380 636 www.featherandblack.com



*All clearance products are subject to availability and are sold as seen.

Expansion for Parklands

WITH 2013 marking its 40th anniversary, Parklands Community Primary School in Chichester will begin celebrating its heritage slightly early. As well as the recent appointment of new Headteacher, Miss Alesa Henham, Parklands will also be adding two brand new classes to the school family in September.

With a proven track record in successfully implementing change, Parklands has been selected for expansion. Over-subscribed in recent years, the school has been given extra funding which allows for the recruitment of staff and other resources, enabling it to become a two-form entry establishment with an intake facility for up to 60 reception aged children. The second additional class will see each year group with its own separate form, which will further enhance the learning experience for existing pupils.

Headteacher Alesa Henham said: "I am proud and delighted that Parklands has been selected for expansion. The plans are the result of a growing local population, but as well as easing the pressure on the local authority there is now also potential for the additional classes to become enduring fixtures. While there are several factors that such permanency depends on – the birth rate in future years, the progress of plans for the proposed Free School and local housing development projects – the way is now paved for Parklands to continue to build on its achievements. It is an extremely positive

and exciting way to approach our 40th anniversary."

Chair of Governors at Parklands Paul Little said: "We have worked hard to create a thriving school community and appointed an excellent HT to continue our progress. We are really pleased to return to a 7-form school and delighted at the opportunity to welcome even more children. We are confident that they will love our school and thrive here, benefiting as they will from our high quality flexible early years environment."

Craft club announces April activities

A POPULAR craft club has announced its latest classes for April by making use of recycling.

Maximum Craft Club is 'Recyling with punches' as the theme of their next craft class at the Bassil Shippam Centre, Chichester on Saturday 14th April.

They will be using a variety of punches and with odd scraps of card and paper producing beautiful cards for all occasions.

The ballerina dress is bound to be one of the most popular designs, looking both delicate and elegant, it is very simple to achieve with the help of just two punches. Full instructions for this and at least two other cards are given with all paper, card, embellishments etc included in a class fee of £6.

The class runs every month at the Bassil Shippam centre from 1.30pm to 4.30pm.

Maximum Craft Club also have a few places left on their Cupcake Special class on Saturday 21st April, this time at the Selsey Centre, Manor Road, Selsey.

Once again, using punches, this time a cupcake punch, to make five different cards, including a hot air balloon, ice creams, handbags, popcorn, oh and of course cupcakes, all with the same cupcake punch! Price for this class is £10.

Booking for any of the above is essential by either email to maxine.payne@btinternet.com or telephone 01243 005090.

Tawny Nurseries

- 3 bags compost £10.00
- Herbaceous – Shrubs – Hedging
- Bedding and vegetable plants
- Hanging Baskets
- St. Wilfrids weekend 14/15 April
- 10.00 am – 4.00 p.m.
- Tea coffee and homemade cakes
- Supplied by the wittering support group
- Craft stails. Raffle.

Tawny nurseries are a family business. We have been operating at our Birdham site since the Queens Silver jubilee so we are also celebrating this year.

Over the years the nursery has grown some people refer to us as a Tardis (bigger on the inside than appears from the outside).

90% of the plants we stock are grown on our nursery.

This year we have expanded our selection of Herbaceous and shrubs. We are also stocking ornamental and fruit trees.

[illegible] you would expect [illegible] traditional nursery can also be found.

There will also be a whole range of Red White and Blue plants, hanging baskets and containers to help you celebrate the jubilee and the Olympics.

Do visit us and enjoy our nursery brimming with plants especially for our charity weekend. The only time we have a Tea and Coffee shop!!!

Looking forward to welcoming customers old and new during the forthcoming season.

TAWNY NURSERIES Bell Lane Birdham PO20 7HY

Tel: 01243 512168 www.tawnytouringpark.co.uk

OPEN ON EASTER SUNDAY

SPRING OFFERS IN-STORE

3&4 WHEEL ROLLATORS PRICE CRASH

4 WHEEL ROLLATOR

£74.99 +VAT

old price of £89.32 + VAT

7KG! BRAKES + SOLID WHEELS, COMFY SEAT, RED/GREE/BLUE.

3 WHEEL ROLLATOR

£54.99 +VAT

old price of £59.99 + VAT

5.7KG! BRAKES, SOLID TYRES, LEATHERETTE BAG

3 WHEEL ULTRALITE TRI WALKER

£69.99 +VAT

old price of £74.99 + VAT

4KG! BRAKES SOLID TYRES LEATHERETTE BAG THE LIGHTEST 3 WHEELER!!!!

CITY WALKER

£99.99 +VAT

4 WHEEL SMART WALKER

7KG! ADJUSTABLE HEIGHT HANDLES. FRONT BAG, COMFY LARGE BACKREST, SUPER SOFT HANDLES.

THE FOLDING BLUEBIRD

£165.00 +VAT

Weighs 10kgs. Comes with easy to carry heavy duty bag. Max user weight 120kgs. Solid wheels, brakes, fold down arms. 48 hour delivery nationwide!!!!

SPRING SCOOTERS SALE

- Come In Store -

NEW SCOOTERS THIS YEAR!!!!

FROM **£595.00** +VAT

Range includes Class II and III 4mph – 8mph scooters. Distance from 16 miles to 35!!! Free no hassle no hard sell demos upon request. 14 years trading experience! We have the right scooter for you!

RISER & RECLINER CHAIRS

FROM **£450.00** +VAT

Single motor + dual motors, arrayed in our large showroom. Large range to choose from. Free delivery to local area + 50 Miles

SONARIS BATHMASTER BATH LIFT

£345.00 +VAT

Takes you from the top to the bottom in seconds. Enjoy a relaxing bath, Available in blue or white. Rechargeable battery handset. (charges away from the bath lift) Simple, easy to use, easy to remove, ideal to take away on holiday.

New range of Incontinence products now In. One of the Largest ranges In the South East, High Absorbency, Low Cost per Unit.!!!

ALL YOUR MOBILITY REQUIREMENTS UNDER ONE ROOF

One Stop Mobility

www.one-stopmobility.com

sales@onestopmobility.com

15-16 The Parade, East Wittering, West Sussex, PO20 8BN

01243 673868

Entertainment

FOLLOW US ON TWITTER
@chiherald

The Pirates! In an Adventure with Scientists (U)

FOUR out of Five stars

Running time 88 mins
Director Peter Lord
Starring: Hugh Grant, David Tennant, Imelda Staunton, Martin Freeman, Salma Hayek, Lenny Henry, Brian Blessed, Brendan Gleeson, Russell Tovey

Inventively directed and beautifully animated this is a hugely enjoyable and frequently hilarious family adventure with a witty script, a terrific voice cast and a high enough gag rate to ensure the film will appeal to both adults and children.

What's it all about?
Co-directed by Peter Lord and Jeff Newitt, The Pirates! In an Adventure with Scientists (re-titled The Pirates Band of Misfits in the US) is the latest stop-motion feature from Aardman Animation, based on the series of books by Gideon Defoe. Hugh Grant voices the Pirate Captain, who hungers after the coveted Pirate of the Year Award but is constantly beaten by arch rivals Black Bellamy (Jeremy Piven) or Cutlass Liz (Salma Hayek).

After his latest humiliating defeat, Pirate Captain vows to win the award at all costs, but he gets distracted when he encounters scientist Charles Darwin (David Tennant), who informs him that his beloved parrot Polly is in fact the last surviving dodo. Assuming that assorted boffins will reward them handsomely for their find, the pirates set sail for London, aiming to present Polly to the Royal Society, but they've reckoned without pirate-hating monarch Queen Victoria (Imelda Staunton).

The Good
The voice cast is excellent: Hugh Grant abandons his usual Hugh Grant voice (you know the one) and turns in a delightful, warm hearted performance, while there's terrific support from Martin Freeman (as Pirate With Scarf, Pirate Captain's right hand man), David Tennant and Imelda Staunton. There are also smaller, but no less effective turns from Piven, Hayek, Brendan Gleeson (as Pirate with Gout), Lenny Henry (as Peg Leg Hastings), Ashley Jensen (as Surprisingly Curvaceous Pirate) and the one and only Brian Blessed, in a roaring cameo as The Pirate King.

The inventive, witty script is packed full of hilarious gags, both verbal and visual, with jokes aimed at both children and adults (e.g. an inspired cameo by The Elephant Man). There are also several brilliant running gags, such as the pirates' fondness for disguise, the character of Surprisingly Curvaceous Pirate and Darwin's flashcard-monkey butler (though that joke had its thunder stolen slightly by the recent A Monster in Paris).

The Great
As you'd expect from Aardman, The Pirates! is both beautiful to look at and crammed with wonderful background details, ensuring that the film will reward multiple viewings. On top of that, Lord orchestrates some superb action sequences that will give you new respect for Plasticine.

Worth seeing?
This is a thoroughly enjoyable, beautifully made and frequently hilarious animated adventure that should prove a big hit with both adults and children alike. Highly recommended and here's hoping for a sequel.

THE PIRATES! COMPETITION

WIN 2 TICKETS!

For a chance to win 2 tickets, answer the following question:

Q. AARDMAN CREATED WHICH PLASTERCINE DUO WHO BECAME NATIONAL TREASURES?

A) ANT & DEC

B) WALLACE & GROMIT

C) PINGU & CHICK

Send your answer and your name, address and a contact phone number to ***info@chichesterherald.co.uk.*** One lucky winner will be selected at random from all correct entries received by 12 noon on 12th April at midday. The winner will be notified later on that day.

• Last weeks winner is Mrs Woodside from Chichester

cineworld CINEMAS

Cineworld Chichester
Chichester Gate, Chichester, PO19 8EL - 0871 200 2000

New Park Cinema's round-up of films this week

CHICHESTER cinema
at NEW PARK
01243 786 650
'your cinema on the park'

Fri 6 Apr
13.15 The Muppets (PG) 103m
15.30 Extremely Loud and Incredibly Close (12A) 129m
18.15 The Descendants (15) 115m
21.00 The Woman in the Fifth (15) 84m

Sat 7 Apr
13.45 The Muppets
16.00 The Woman in the Fifth
18.00 Extremely Loud and Incredibly Close
20.45 The Descendants

Sun 8 Apr
13.00 Booked Out (12A) 83m +Q&A
15.30 The Descendants
18.00 The Muppets
20.00 Extremely Loud and Incredibly Close

Mon 9 Apr
13.45 The Muppets
16.00 The Woman in the Fifth
18.00 The Descendants
20.30 Extremely Loud and Incredibly Close

Tue 10 Apr
14.00 The Muppets
16.00 The Woman in the Fifth
18.00 Extremely Loud and Incredibly Close
20.45 The Descendants

Wed 11 Apr
14.00 The Muppets
16.00 Extremely Loud and Incredibly Close

Thu 12 Apr
14.00 The Muppets
16.00 The Descendants
18.30 The Woman in the Fifth
20.30 Extremely Loud and Incredibly Close

Fancy a bit of jazz?

George Regis Jazz Band is looking forward to playing more gigs throughout April and welcome everyone to the following venues

Sunday 8th April	The Fish House, Chilgrove 12.30-3.30pm 01243 519444
Sat. 21st April	Emsworth Community Assn Jazz Evening 7.30-10.30pm Contact Alison Patrick 01243 377493 for tickets
Sun. 22nd April	The Fish House, Chilgrove 12.30-3.30pm. 01243 519444
Mon 23rd April.	St Georges Day Celebrations in Emsworth Playing in and around The Square c 10.30-11.30 approx. Umbrella wharlers welcome
Mon 23rd April:	Arun View Inn, Wharf Rd, Littlehampton 8-11pm 01903 722335
Fri 27th April	St. Mary's Gate Inn, Arundel 8.30-11pm 01903 883145

For further information visit www georgesregisjazzband.com

• AN EXCITING new project to collect a photo of Chichester Harbour every day for a year started this week.

Chichester Harbour Area of Outstanding Natural Beauty is a paradise for photographers.

In this new project, A Year of Photos, Chichester Harbour Conservancy aims to build a picture of all these elements of the harbour through the seasons From the balmy days of summer with hundreds of boats bobbing about on the water to the short days of winter when thousands of migratory birds make their home here, Chichester Harbour is a constantly changing landscape.

Everybody is welcome to take part in the project by submitting photos to the Harbour Office. Ali Beckett, Publicity Officer for Chichester Harbour Conservancy said, "We want as many people as possible to get involved Simply

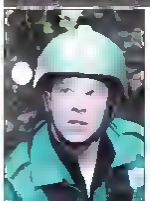
email me your photo with details of when and where it was taken and up to three will be added to an online gallery for each day of the year."

A Year of Photos can be viewed online at www.conservancy.co.uk. To submit a photograph, please send it by email to alhe@conservancy.co.uk along with details of where and when it was taken

Saturday TV

7 out of 10 Brits can't hear the TV clearly
FREE Essential Guide to Hearing Aids DHAAC
Quote EGTV5000 Go online at www.essentialguidetohearingaids.co.uk

Choice



CASUALTY
BBC1 9.10pm

Connie Fisher is back on the the pushing her e-News once again by taking a guest role in the third edition of the Beeb's flagship medical drama. She plays Amanda, a drug walker who's out with her friend David and their problem Everything seems normal — until the get-and-under the-feet gives way and they're trapped in an underground cave system. Sam is first on the scene but seeing as the rubble from a fear of the dark, she probably isn't the best person to handle the situation. The pink she is, when Dylan arrives they and up hickering. Fingers crossed they can put their differences to one side long enough to get Jason David and Amanda out of the hole they're in – literally

BBC1

6.00 Breakfast. 10.00 Saturday Kitchen Live. 11.30 The Little Films Kitchen. Cooking with Rachel Khoo. (R) 12.00 BBC News Regional News Weather. 12.15 Football Focus. 1.00 Reliving The Best News. Cambridge v Oxford. (Start time 2.15pm) 3.00 Golf: The Masters. 4.20 Final Score. 5.15 BBC News Regional News, Weather. 5.35 Film: Shrek (2001) Animated adventure with the voice of Mike Myers

7.00 **The Voice UK.** Tom Jones, Jessie J, Will.i.am and Danny O'Donoghue turn their backs to another set of hopeful singers only seeing them if they hear something they like

8.20 **The National Lottery: In It to Win It.** Dale Winton hosts the quiz show in which five contestants answer questions to scoop a big prize. Includes the Lotto and Thunderball draws presented by Mylene Klass

9.10 **Casualty.** Sam and Dylan put aside their differences to save two drug walkers who fall into an underground cave system and Linda's nose crushes trouble in the ED

10.00 **BBC News Weather.**

10.20 **Match of the Day.** Including highlights in Chelsea v Wigan Athletic, Natasha Lattery Update

11.50 **The Football League Show.** Highlights of today's games in the Championship, League One and League Two.

1.20 Weathervane. 1.25 BBC News.

BBC2

6.00 Breakfast. 7.30 BBC Breakfast. 10.00 The Sky at Night. (R) 12.30 Film: Road to Rio (1947) Comedy starring Bob Hope and Bing Crosby. 2.00 Film: Bringing Up Baby (1938) Screwball comedy starring Katharine Hepburn and Cary Grant. 3.35 Escape to the Country. (R) 4.05 Flog It. 5.00 Easter from Kings 2012 – Passion Play. Easter

6.30 **Dad's Army.** Warmington-on-Sea's platoon assumes responsibility for some heavy artillery. Classic comedy starring Arthur Lowe and John Le Mesurier. (R)

8.00 **Natural History: Insight** into the engine of the iceberg that sank the Titanic in 1912 charting its formation and 4,000-mile journey from the Greenland ice sheet. (R)

9.00 **Timewatch.** Documentary exploring peoples enduring fascination with the Titanic, uncovering the truth behind the myths that have emerged since the vessel sank in 1912. (R)

10.30 **Golf: The Masters Live.** Hazel Irvine introduces the third round in the Augusta National in Georgia where the players rank to make a move ahead of the final day of the opening Major of the year. Subsequent programmes subject to change.

12.00 The Sarah Millican Television Programme (R) 12.30 Film: Rebel Without a Cause (2009) Comedy sequel starring Jaslyn Jones. 1.55 Close.

ITV1

6.00 GTV Men. 10.00 TV. 12.25 ITV. 9.25 ITV News. 9.30 Film: Jeremy Kyle Show USA. 10.25 The Jeremy Kyle Show USA. 11.30 The Real Housewives of New York City. 12.30 Murder She Wrote. (R) 1.20 ITV News Weather. 1.35 The Planet's Funniest Animals. (R) 1.55 Film: The Secret of My Success (1987) Comedy starring Michael J Fox. 3.55 Film: Willy Wonka and the Chocolate Factory (1971) Musical fantasy starring Gene Wilder. Dahl's classic children's book, with Gene Wilder. 5.40 Regional News, Weather

6.00 **ITV News; Weather**

6.10 **Keith Lemon's LemonAid.** New series. The cheeky character tries to fulfil people's dreams.

7.00 **All New Star vs Scab Pramedi!** Unlikely insurance claims

7.30 **Harry Hill's the Best of TV Burp.** 30 classic send-ups from Burps past

8.00 **Britain's Got Talent.** More acts show off their skill in the third round of auditions hosted by Ant and Dec

9.10 **Take Me Out.** A teenage worker + student, + groundsman and + hairstylist in impress 30 single women, and the week's couples go on their News. Paddy McGuinness hosts. Last in the series

10.45 **ITV News; Weather**

11.00 **FILM: Megamind** (2010) Animated comedy starring Brad Pitt and Tina Fey. Voices

10.40 The Zane. ITV News Headlines. 3.00 In Plain Sight. (R) 3.45 ITV Nightscreen. 5.30 ITV Morning News.

Channel 4

5.05 The Hotels. (R) 6.30 The Hotels. (R) 7.00 The Gadget Show. 7.55 The Morning Line. 8.55 T4 Kelly Rip. 9.25 T4 Olly Murs: The Album Chart Show Special. (R) 9.55 T4 Made in Chelsea. 10.55 T4 Charlie's Angels. 11.55 T4 The Big Bang Theory. (R) 12.20 T4 The Big Bang Theory. (R) 12.50 T4 The Simpsons. (R) 1.25 T4. The Simpsons. (R) 1.55 Channel 4 Racing. 4.05 Countdown. (R) 4.30 Come Dine with Me. (R) 5.30 Come Dine with Me. (R) 6.10 Come Dine with Me

9.10 **Come Dine with Me.** Andy Wright hosts the final dinner party in Bexhill. (R)

9.40 **Channel 4 News.**

10.00 **Alhoughtly.**

10.10 **Dine or Me Dine Game** show with Noel Edmonds

9.10 **Big Fat Gypsy Weddings.** Irish travellers the McFadyens welcome a series of major events, including pikeman Chris's release from prison and an enamelled wedding. Last in the series (R)

9.10 **The Million Pound Drop Live** Dianne McCall presents the quiz show in which contestants can win £1million the lose money for going incorrect answers

10.45 **FILM: Showgirls.** (1995) Adult drama starring Elizabeth Berkley.

1.20 Film: A Scanner Darkly. (2006) Animated drama starring Keanu Reeves. 3.00 The Mountain. (R) 3.15 A Family Portrait (R) 3.25 Franklin & Bash. (R) 4.05 Privileged. (R) 4.50 Sqirt. (R) 5.30 Countdown (R)

Channel 5

6.00 Milkshake! 10.00 Animal Rescuers Squad (R) 10.15 Rachel Maines (R) 10.40 Healthy Heaven on Earth (R) 11.15 Ultimate Police Interceptors. (R) 12.15 Eddie Stobart: Trucks and Trailers (R) 1.15 Pony McSpeedy's Pub Dig (R) 2.20 Film: Ambush at Tomahawk Gap (1953) Western starring John Hodiak. 3.45 Film: War Arrow (1953) Western starring Jeff Chandler. 5.20 Film: Two Mules for Sister Sara (1970) Western starring Clint Eastwood and Shirley MacLaine

7.10 **8 News. Weekend.**

7.10 **NCIS.** The team flies to Israel to a final showdown (R)

8.00 **NCIS.** Part two of two. The safe house is attacked, leaving Vance in hospital and Ell missing, but with all the Palestinians accounted for it is unclear who was responsible (R)

9.00 **CSI: Crime Scene Investigation.** An investigation into three unexplained deaths presents a tough challenge for the team – and leads to fears that a public health emergency may be imminent. (R)

10.00 **CSI: NY** The team investigates the murder of a real-estate mogul

10.45 **Law & Order: Special Victims Unit.** Benson and Stabler investigate a serial rapist.

11.00 **Inside Hollywood.** Magazine show

12.00 SuperCasino 3.45 Great Scientists. (R) 4.00 Rough Guide to Adventures. (R) 4.50 Hands to Helpline. (R) 5.10 The Milkshake! Show (R) 5.35 Thomas & Friends. (R) 5.45 Ready the Racing Car. (R)

Digital

ITV2
3.15 American Idol 6.00 Film: The Pioneers (1997) 6.00 The Zoo 8.00 Film: Fatal Instinct Animals 9.15 Britain's Got More Talent 10.15 Totally Bonkers Guinness World Records 10.45 Take Me Out – The Gossip 11.45 Celebrity Juice

ITV3
3.40 Film: Carry On Jack (1963) 5.40 Film: Carry On Up the Jungle (1970) 7.25 Film: Carry On Henry (1971) 9.15 Film: Carry On Cleo (1964) 11.00 Film: Carry On Jack (1963)

ITV4
11.00 Live: Indian Premier League Cricket. Royal Challengers Bangalore v Delhi Daredevils and Deccan Chargers v Chennai Super Kings 6.00 Rocks Busters 8.00 Break Tunnel Car Championship Highlights 10.30 Film: Tokyo (2001)

BBC THREE
8.00 Doctor Who 7.00 Great Movie Mistakes 2011 10.00 Mr 3.0. 8.10 Shrek Once Upon A Time 9.10 Film: Shrek 2 (2004) 10.35 World Series to Dating 11.05 Family Guy 11.50 America's Next

BBC FOUR
3.00 Still Partying After All These Years: A Short History of Rock & Roll 4.00 Mainly Dance Italian Classics 5.00 Inspector Montalbano 10.45 The Secret Life of Bob Monkhouse

E4
8.55 Made in Chelsea 9.00 The Big Bang Theory 9.30 The Big Bang Theory: Access All Areas 8.30 The Big Bang Theory 2.30 The Big Bang Theory & All Started with a Bang 5.00 Rules of Engagement 6.00 Film: Date Movie (2006) 10.45 The Big Bang Theory 11.35 The Greatest Show

FILM4
3.25 Five Children and It (2004) 5.10 New in Town (2009) 6.00 It Runs in the (2007) 9.00 Dodgeball: A True Underdog Story (2004) 10.55 Kaboom (2010)

ITV3
2.00 Film: The Best of Benny Hill (1974) 4.10 Film: Carry On Cleo (1964) 6.00 Film: Carry On Moran (1972) 8.00 Film: Holiday On the Buses (1973) 9.55 Film: The Magnificent Two (1967) Morecambe and Wise comedy 11.45 Film: Natural Strange (1995)

ITV4
11.00 Live: Indian Premier League Cricket. Rajasthan Royals v Kolkata Knight Riders, Kings Punjab v Kings XI Punjab 6.00 Murder Arthur Ellis Terry pursues a devious crook 8.00 Film: Highlander (1986) Fantasy adventure, starring Christopher Lambert 11.20 Film: Death Wish 2 (1982)

BBC THREE
7.00 The World UK 8.20 Film: Shrek the Third (2007) 8.40 Robot Chicken's Christmas Special 10.30 Family Guy

BBC FOUR
3.00 Fly Meets Geek Volleyball 9.00 Film: Strictly Ballroom. (1992) Australian dance comedy starring Paul Mercurio 10.30 Passion in Paint Talbot, Hals Seghan 11.30 Angels Heroes The Chevaliers of Salisbury Cathedral

E4
2.25 Film: Sex Spot Run (2001) 4.10 Ugly Betty 5.00 Skins 10.15 Film: Facebook (1954) 8.00 Desperate Housewives 11.00 Made in Chelsea

FILM4
3.25 James Who the Giant Peach (1996) 4.50 Big (1988) 6.35 Hancock (2008) Marvel comedy starring Nikki Blonsky and John Travolta. 9.00 Coming of Arrows. (1999) Drama, starring Eddie Murphy 11.20 Dawn of the Dead (2004)

Sunday TV

7 out of 10 Brits can't hear the TV clearly
FREE Essential Guide to Hearing Aids DHAAC
Quote EGTV5000 Go online at www.essentialguidetohearingaids.co.uk

Choice

THE ONE A ONLY OES O'CONNOR
ITV1 7.30pm

Des O'Connor has new spent half a century in showbusiness suffering a few knee, namely is Glasgow Empire on a Friday night after a few scrubs in the business, and many dizzy nights, including his own ITV1 shows. At 80 Des could be taking things easier but he's still entertaining the masses – namely in this show paying tribute to the singer, presenter and all-round entertainer Comedians Matt Lucas, Rhod Gilbert and Paul O'Grady as all as he worshipping to the O'Connor alike, along with Katherine Kelly actor Robert Lindsay and presenter Melanie Sykes

BBC1

6.00 Sunday Politics Wales. 9.00 Live: Andrew Marr Show. 10.00 Easter Day Eucharist from Coventry Cathedral. Live service led by the Bishop of Coventry. 11.00 Urban Cafe. Live cookery show. 12.00 Live: coverage of the Pope Easter message. 11.30 Country Tracks. (R) 1.00 Land of the Week Ahead. 12.35 Regional Programmes. 1.30 BBC News. 1.45 Human Planet. (R) 2.40 Wallace & Gromit: A Grand Day Out. (R) 3.10 Film: Mary Poppins (1964) Disney musical fantasy with Julie Andrews and Dick Van Dyke. 5.05 Songs of Praise

9.00 **Thanks with Len Goodman.** A visit to the Belfast building where the ship was designed. (R)

9.00 **BBC News; Regional News Weather.**

7.00 **Countryfile.** Matt Baker marks the 200th anniversary of the Monmouth and Brecon canal

8.00 **Antiques Roadshow.** Richard Bruce and the team return to Wimbledon

9.00 **Silent Witness.** Part one of two. Nikki stumbles upon a crime underworld of sex grooming and teenage prostitution.

10.00 **BBC News; Regional News Weather.**

10.25 **Match of the Day 2** Including action from Arsenal v Manchester City

11.20 **MotoGP.** Action from the Qatar Grand Prix.

12.50 Weathervane 1.00 Sign Zone. The Darkest Queen (R) 2.00 Horley City (R) 3.00 A Natural Britain Special: Orkneys. Stone Age Temple (R) 4.00 BBC News

BBC2

6.00 Cbeebies. 7.00 CBBC. 10.00 Saturday Kitchen Best Bites. 11.35 Great British Menu. (R) 12.25 Film: A Distant Trumpet. (1964) Western starring Troy Donahue. 2.30 Cycling: World Championships Highlights from the Hisense Arena in Melbourne. 3.00 The Mentalist: Scene of Crime. Jud Bench. Charting the actress's rise to fame. (R)

6.00 **Frozen Planet.** Highlights of the series in which Attenborough News. viewers on a journey through the polar year, from the depths of winter to the melting world of the summer (R)

7.00 **Golf: The Masters Live.** Hazel Irvine introduces coverage of the fourth and final day of the Augusta National in Georgia where the winner of the first Major of the year is set to be decided. Subsequent programmes subject to change.

08.00 Twenty Twelve. Conclusion. The Apprentice loses the team with a deadline to find a solution to their demand – and the French President is due to visit the Games. Comedy starring Hugh Bonneville. (R) 12.30 Film: Deadline (2000) Thriller. A writer he finds is a remote private eye + breakdown, only to discover a secret that threatens to change her life for ever. Horror with Brittany Murphy and Thora Birch. 1.50 BBC News. 3.00 The Super League Show. Tanya Arnold introduces highlights of this the Super League matches including St Helens v Wigan Warriors, Hull FC v Hull Kingston Rovers and Warrington Wolves v Widnes Vikings. 3.00 Close.

ITV1

6.00 GTV Men. 10.00 TV. 12.25 GTV. 9.25 ITV News. 9.30 Ade in Britain. (R) 10.30 May the Best House Win. (R) 11.30 Mad Cardiac Into The Light. (R) 12.30 ITV News Weather. 12.35 Britain's Got Talent. (R) 1.30 The Planet's Funniest Animals. (R) 2.15 The Jeremy Kyle Show. (R) 3.00 Film: 2.45 This Is Lionel Richie (R) 3.45 Film: The Mummy (1999)

6.00 **Regional News; Weather.**

6.10 **ITV News; Weather.**

6.30 **All Star Family Fortunes.** New series. Fleshy TV star Mark Wright and Lioned Womens Jane McDonald take part.

7.30 **Bar One & Stay Das O'Conner** Marking his 80th birthday and 50 years in showbusiness, the entertainer is joined by guests including Mels Lucas, Paul O'Grady and Olly Murs to chat, surprises and performances.

9.00 **Thanks.** New trailer Paolo e instantly smitten with actress almost Anna, Barnes finds Wilson's presence in steerage and Jim is furious when wife Mary the star guest dinner with Elinor Lubbe.

10.05 **ITV News at Ten. Weather.**

35 15 **Perspectives: Sergeant we Spike.** John Sergeant presents a profile of Spike Milligan.

11.15 **The Case.** A woman puts her knowledge of the games in the test. (R)

12.45 The Zane. ITV News Headlines. 2.30 Reel Monsters. (R) 3.25 ITV Nightscreen. 5.30 ITV Morning News.

Channel 4

6.15 The Hotels. (R) 6.40 The Hotels. (R) 7.05 Road to London 2012 The Paralympic Show (R) 7.35 Channel 4 Presents – 2012: Hannah Cockroft. (R) 8.10 (R) 7.40 Sailing: America's Cup Uncovered. (R) 8.00 Everybody Loves Raymond. (R) 8.30 Everybody Loves Raymond. (R) 8.00 Fraser. (R) 9.30 Fraser. (R) 10.00 Sunday Brunch. 12.00 The Big Bang Theory. (R) 12.30 The Big Bang Theory. (R) 12.55 The Big Bang Theory. (R) 1.20 The Simpsons. (R) 1.55 The Simpsons. (R) 2.30 Film: Dr Dolittle (1998) Comedy starring Eddie Murphy. 4.00 Time Team (R) 5.00 Channel 4 News. 5.10 4thought tv. 5.00 Come Dine with Me Four hosts compete for the £1,000 prize in east Lancashire (R)

6.30 **FILM: Alvin and the Chipmunks The Squeakquel** (2009) Premiere. Comedy, starring Zachary Levi and Jason Lee

8.00 **Celebrity Deal or No Deal.** New series. Jimmy Carr takes part in the game show trying to guess the value in pounds of the boxes as with up to £250,000 for his chosen charity. Hosted by Noel Edmonds.

9.00 **Homeland.** Carrie and Saul learn that Walker is alive.

10.00 **Crucifixion.** Gunther von Hagens' project to dissect a crucifix.

10.00 **FILM: Lola Placid.** (1999) Comedy horror starring Bill Pullman

1.00 Film: 21 Grams (2003) Drama, starring Sean Penn. 3.00 This Life Three Lives. (R) 3.40 Crash Bang Wallop. (R) 3.10 Hollyoaks. (R) 5.20 Countdown. (R)

Channel 5

6.00 Milkshake! Peppa Pig 8.05 Fifi and the Flowertots. (R) 8.15 City of Friends. (R) 8.25 Harry and his Bucket Full of Dinosaurs. (R) 8.40 Bob the Builder: Can Do. 8.50 Postman Pat and Custard Tea. (R) 7.00 Barbie in Pyjamas. (R) 7.25 Thomas & Friends Special Days of the Diesels. (R) 8.15 Bert and Ernie's Great Adventures. (R) 8.25 Angelina Ballerina. (R) 8.40 Rupert Bear. (R) 8.50 Ben and Holly's Little Kingdom. (R) 9.15 Mr Men Show. (R) 8.25 Peppa Pig Pippa's Car. 9.40 Mio! Sheepdog Tales. (R) 10.00 Film: High Bells Musical 3 Senior Year (2008) Teen musical in high school starring Zac Efron and Vanessa Hudgens 10.05 London The Inside Story. (R) 1.00 Film: Lawrence of Arabia. (1962) Desert-crossing epic about T.E.Wedd by David Lean starring Peter O'Toole. 5.10 8 News Weekend. 6.00 Film: Toy Story (1995) Pixar animated adventure with the voices of Tom Hanks and Tim Allen

7.00 **William and Kate: One Year On.** The royal couple's first year of marriage

8.00 **Once Upon a Time.** Regina starts up her eBeds to get Emma out of jail. 9 News Update

9.00 **FILM: Blade II.** (2002) Guillermo del Toro's action thriller sequel starring Wesley Snipes and Kris Kristofferson.

11.30 **FILM: The Hard Corps.** (2006) Action adventure starring Jean-Claude Van Damme

1.40 SuperCasino 3.35 UEFA Europa League Review 8.00 Rough Guide to Short Breaks. (R) 5.00 Hands Helpline (R) 5.15 The Milkshake! Show (R) 5.35 Thomas & Friends (R) 5.45 Ready the Racing Car (R)

Digital

ITV2
3.10 Film: Happy Feet (2006) 4.35 Britain's Got Talent 6.30 Britain's Got More Talent 8.00 Film: Jurassic Park (1993) 9.00 Xenoform: Joyce tries to impress the hotel inspector. Last in the series 10.45 Film: Die Alien (2008)

ITV3
2.00 Film: The Best of Benny Hill (1974) 4.10 Film: Carry On Cleo (1964) 6.00 Film: Carry On Moran (1972) 8.00 Film: Holiday On the Buses (1973) 9.55 Film: The Magnificent Two (1967) Morecambe and Wise comedy 11.45 Film: Natural Strange (1995)

ITV4
11.00 Live: Indian Premier League Cricket. Rajasthan Royals v Kolkata Knight Riders, Kings Punjab v Kings XI Punjab 6.00 Murder Arthur Ellis Terry pursues a devious crook 8.00 Film: Highlander (1986) Fantasy adventure, starring Christopher Lambert 11.20 Film: Death Wish 2 (1982)

BBC THREE
7.00 The World UK 8.20 Film: Shrek the Third (2007) 8.40 Robot Chicken's Christmas Special 10.30 Family Guy

BBC FOUR
3.00 Fly Meets Geek Volleyball 9.00 Film: Strictly Ballroom. (1992) Australian dance comedy starring Paul Mercurio 10.30 Passion in Paint Talbot, Hals Seghan 11.30 Angels Heroes The Chevaliers of Salisbury Cathedral

E4
2.25 Film: Sex Spot Run (2001) 4.10 Ugly Betty 5.00 Skins 10.15 Film: Facebook (1954) 8.00 Desperate Housewives 11.00 Made in Chelsea

FILM4
3.25 James Who the Giant Peach (1996) 4.50 Big (1988) 6.35 Hancock (2008) Marvel comedy starring Nikki Blonsky and John Travolta. 9.00 Coming of Arrows. (1999) Drama, starring Eddie Murphy 11.20 Dawn of the Dead (2004)

Monday

BBC1
6.00 Breakfast 9.15 Animal 24.7 10.45 Homes Under the Hammer 10.45 Doctors Gail Dorie, Gail Dorie 11.30 Cash in the Attic 12.15 Bargain Hunt (R) 1.00 BBC News Weather 1.15 Regional News, Weather 1.30 Film Anita (1973) Animated comedy, with the voices of Wendy Allen 2.50 Film Pushkar Avery (2002) Animated adventure 4.00 Wallace & Gromit: The Wrong Trousers (R) 4.30 Fatal Seven 5.15 Pointless (R) 6.00 BBC News Weather 6.15 Regional News Programmes Weather 6.30 Party Election Broadcast 7.00 The One Show 7.30 EastEnders BBC News, Regional News 8.00 Holby City 9.00 The Syndicate 10.00 BBC News 10.25 Regional News Weather National Lottery 10.10 Regional News Weather 10.30 Match of the Day 11.30 The Football League Show 12.00 Weatherwatch 12.05 Sign Zone The Diamond Queen (R) 1.00 To Really Die Down (R) 2.00 Brothers First Finite Album (R) 3.20 BBC News

BBC2
6.00 CBeebies 7.00 CBBC 8.30 Teletubbies 11.30 Film Funny Girl (1968) Musical biopic of Fanny Brice starring Barbra Streisand 1.00 Film The Way We Were (1973) Romantic drama starring Robert Redford and Barbra Streisand 3.00 Monster Heroes (R) 4.30 Flog It! (R) 5.15 Put Your Money Where Your Mouth Is 6.00 Eggheads 6.30 Celebrity Antiques Road Trip (R) 7.30 Great British Menu 8.00 Outcasts: Angels of Mercy 8.30 The Little Paris Kitchen Cooking with Rachel Khoo 9.00 Modern Spies 10.00 Simon Amstell: Do Nothing Live 11.00 The Story of Spitting Image (R) 12.00 Gregory's Girl (1981) Romantic comedy starring John Gordon Sinclair 1.30 Film Blame It On Fidel (2006) Premiere Drama starring Nine Kennet-Bey (R) BBC News 3.24 Close

ITV1
6.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show 10.20 The Jeremy Kyle Show USA 11.16 Murder She Wrote (R) 12.15 60 Minute Makeover (R) 1.16 ITV News Weather 1.26 Regional News Weather 1.30 You've Been Framed! (R) 2.00 Celebrity Murder Mystery (R) 4.00 The Great British Taste Test 4.30 The Chase 5.00 Regional News Weather 5.15 ITV News Weather 5.30 Plane's Funniest Animals (R) 6.00 Coronation Street 6.30 Coronation Street The Deals 7.30 Coronation Street 8.00 Scott & Bailey 10.00 Kelly & Her Sisters Girls Up 11.40 ITV News: Weather 11.45 Mayday Mayday (R) 11.40 Strange Speed (R) 12.40 The Zone ITV News Headlines 2.30 Champions League Weekly 3.00 ITV Nightscreen 5.30 The Jeremy Kyle Show (R) 5.30 ITV Morning News

Channel 4
6.05 The Terrace People 6.40 The Hooks (R) 7.05 Freshly Squeezed 7.35 According to Jim 8.00 Everybody Loves Raymond (R) 9.30 Everybody Loves Raymond (R) 10.00 Frasier (R) 10.30 Frasier (R) 11.00 The Big Bang Theory (R) 11.30 The Big Bang Theory (R) 11.55 Film Shen-Huo (1958) Oscar-winning epic, starring Charlton Heston 3.10 Countdown 4.00 Deal or No Deal 5.00 Come Dine with Me 5.30 Four in a Bed 6.00 The Simpsons (R) 6.30 Hollyoaks 7.00 Channel 4 News 7.05 Ahthught 8.00 Inside Nature's Giants: Hippo: New series. The team assists a baby hippo whose mother in the Luangwa Valley, Zambia 9.00 Embarrassing Bodies: The doctors visit Tameside, Staffordshire 10.00 Ramsay's Kitchen Nightmares USA 11.45 Homeland: Crane and Saul learn that Walker is alive (R) 12.00 Random Acts 12.05 Dateline: I See Why Ships Sink (R) 1.10 Death Row (R) 2.05 Film I Killed You Before (2004) Comedy starring Dustin Hellman 3.50 Franklin & Bash (R) 4.35 Si Elsewhere (R) 5.20 Privileged (R)

Channel 5
6.00 Milkshake! 8.15 The Wright Stuff 11.10 LIVE with Gabby 12.05 News Lunchtime 12.10 Neerkol Mania (R) 12.40 Home and Away 1.10 Neighbours, 1.40 The Pharaohs: The Secrets of the Royal Albert Hall 5.00 5 News at 5 6.30 Neighbours (R) 6.00 Home and Away (R) 6.25 Neels Hollyoaks 6.30 Monkey Life (R) 7.00 Celebrity Trailers (R) 5 News Update 8.00 Ultimate Fishing Challenge 9.00 Britain's Extreme Fishing Challenge 10.00 Film Outlaw (2007) Crime drama starring Sean Bean. 12.10 America's Toughest Prisons (R) 1.10 Supercasino 3.00 House Doctor (R) 4.20 Wildlife SOS (R) 5.10 Housebusters (R)

Tuesday

BBC1
6.00 Breakfast 9.15 Animal 24.7 10.45 Homes Under the Hammer (R) 11.30 News Weather 11.00 Don't Gail Dorie, Gail Dorie 11.00 Cash in the Attic 12.15 Bargain Hunt (R) 1.00 BBC News Weather 1.30 Regional News Weather 1.45 Pointless 2.15 Escape to the Country (R) 3.00 BBC News Weather Regional News 3.00 CBBC 6.16 Pointless (R) 6.00 BBC News Weather 6.30 Regional News Programmes Weather 6.00 Party Election Broadcast 7.00 The One Show 7.30 EastEnders BBC News, Regional News 8.00 Holby City 9.00 The Syndicate 10.00 BBC News 10.25 Regional News Weather National Lottery 10.10 Regional News Weather 10.30 Match of the Day 11.30 The Football League Show 12.00 Weatherwatch 12.05 Sign Zone The Diamond Queen (R) 1.00 To Really Die Down (R) 2.00 Brothers First Finite Album (R) 3.20 BBC News

BBC2
6.00 CBeebies 7.00 CBBC 8.30 The Wright Stuff Drama starring Alan Bates and Hayley Mills 1.16 Anima Park 2.10 To Buy or Not to Buy (R) 3.00 Helicopter Heroes (R) 3.40 Flog It! (R) 4.30 Put Your Money Where Your Mouth Is 5.00 Eggheads 6.30 Celebrity Antiques Road Trip (R) 7.30 Great British Menu 8.00 Put Your Money Where Your Mouth Is 9.00 Eggheads 9.30 Celebrity Antiques Road Trip (R) 7.30 Great British Menu 8.00 Outcasts: Angels of Mercy 8.30 The Little Paris Kitchen Cooking with Rachel Khoo 9.00 Modern Spies 10.00 Simon Amstell: Do Nothing Live 11.00 The Story of Spitting Image (R) 12.00 Gregory's Girl (1981) Romantic comedy starring John Gordon Sinclair 1.30 Film Blame It On Fidel (2006) Premiere Drama starring Nine Kennet-Bey (R) BBC News 3.24 Close

ITV1
6.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show (R) 10.20 The Jeremy Kyle Show USA 11.16 Murder She Wrote (R) 12.15 60 Minute Makeover (R) 1.16 ITV News Weather 1.26 Regional News Weather 1.30 You've Been Framed! (R) 2.00 Celebrity Murder Mystery (R) 4.00 The Great British Taste Test 4.30 The Chase 5.00 Regional News Weather 5.15 ITV News Weather 5.30 Plane's Funniest Animals (R) 6.00 Coronation Street 6.30 Coronation Street The Deals 7.30 Coronation Street 8.00 Scott & Bailey 10.00 Kelly & Her Sisters Girls Up 11.40 ITV News: Weather 11.45 Mayday Mayday (R) 11.40 Strange Speed (R) 12.40 The Zone ITV News Headlines 2.30 Champions League Weekly 3.00 ITV Nightscreen 5.30 The Jeremy Kyle Show (R) 5.30 ITV Morning News

Channel 4
6.05 The Terrace People 6.40 The Hooks (R) 7.05 Freshly Squeezed 7.35 According to Jim 8.00 Everybody Loves Raymond (R) 9.30 Everybody Loves Raymond (R) 10.00 Frasier (R) 10.30 Frasier (R) 11.00 The Big Bang Theory (R) 11.30 The Big Bang Theory (R) 11.55 Undercover Boss USA 12.00 Channel 4 News Midday Summary 12.05 How to Cook Like Heston (R) 12.30 River Cottage Bites 12.35 Film: Real Wives (1994) 3.00 Cash in the Attic (R) 3.30 2012: Brand Clarke (R) 3.10 Countdown 4.00 Deal or No Deal 5.00 Come Dine with Me 6.00 Four in a Bed 6.00 The Simpsons (R) 6.30 Hollyoaks 7.00 Channel 4 News 7.05 Ahthught 8.00 Supersize vs Superskinny 9.00 The Undertakers 10.00 Rakebuster 10.30 Hit the Road Jack 11.00 Celebrity Big Brother's Bit on the Side Housewives 12.10 Poker 1.10 Channel 4 Presents – 2012: Hewin Turner (R) 1.15 KOTV Boxing Weekly 1.40 Saving America's Cup Underwater 2.10 MSA Mountain Rescue Championship (R) 2.30 The Grid (R) 3.05 Late Night Poker (R) 4.00 F.A.G.T Championship 4.55 Not Just Cricket 5.10 Full Metal Challenge

Channel 5
6.00 Milkshake! 8.05 The Wright Stuff 11.10 LIVE with Gabby 12.05 News Lunchtime 12.10 Neerkol Mania (R) 12.40 Home and Away 1.10 Neighbours, 1.40 The Pharaohs: The Secrets of the Royal Albert Hall 5.00 5 News at 5 6.30 Neighbours (R) 6.00 Home and Away (R) 6.25 Neels Hollyoaks 6.30 Monkey Life (R) 7.00 Celebrity Trailers (R) 5 News Update 8.00 Ultimate Fishing Challenge 9.00 Britain's Extreme Fishing Challenge 10.00 Film Outlaw (2007) Crime drama starring Sean Bean. 12.10 America's Toughest Prisons (R) 1.10 Supercasino 3.00 House Doctor (R) 4.20 Wildlife SOS (R) 5.10 Housebusters (R)

Wednesday

BBC1
6.00 Breakfast 9.15 Animal 24.7 10.45 Homes Under the Hammer (R) 11.30 News Weather 11.00 Don't Gail Dorie, Gail Dorie 11.45 Cash in the Attic BBC News Weather 12.10 Bargain Hunt (R) 1.00 BBC News Weather 1.30 Regional News Weather 1.45 Doctors 2.15 Escape to the Country (R) 3.00 BBC News Weather Regional News 3.00 CBBC 5.10 Pointless (R) 6.00 BBC News Weather 6.30 Regional News Programmes Weather 6.00 Party Election Broadcast 7.00 The One Show 7.30 EastEnders BBC News, Regional News 8.00 Waterloo Road 9.00 The Apprentice 10.00 BBC News 10.25 Regional News Weather National Lottery 10.10 Wednesday Night Drama 10.45 Match of the Day National Lottery Update 11.30 The Syndicate (R) 12.30 Weatherwatch 1.00 Sign Zone Sea Hero (R) 1.30 Wednesday (R) 2.20 Odd Spells Extraordinary Journey (R) 3.30 Antiques Road Trip (R) 4.15 BBC News

BBC2
6.00 CBeebies 7.00 CBBC 8.30 Teletubbies 11.30 Film His Majesty O'Keefe (1954) Swashbuckling adventure, starring Burt Lancaster 1.00 Sea Hero 1.30 Animal Park 2.15 To Buy or Not to Buy 3.00 Helicopter Heroes (R) 3.45 Flog It! (R) 4.30 Reflection (R) 5.15 Put Your Money Where Your Mouth Is 6.00 Eggheads 6.30 Celebrity Antiques Road Trip (R) 7.30 Great British Menu 8.00 Our Food 9.00 Dennis Wotman 10.00 The Apprentice You're Fired 10.30 Newsnight Review 11.20 Film Lord Love Hands of Fly (1969) Premiere Werner Herzog's documentary about Dessie 12.30 Medium (R) 1.10 BBC News

ITV1
6.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show (R) 10.20 The Jeremy Kyle Show USA 11.16 Murder She Wrote (R) 12.15 60 Minute Makeover (R) 1.16 ITV News Weather 1.26 Regional News Weather 1.30 You've Been Framed! (R) 2.00 Celebrity Murder Mystery (R) 4.00 The Great British Taste Test 4.30 The Chase 5.00 Regional News Weather 5.15 ITV News Weather 5.30 Plane's Funniest Animals (R) 6.00 Coronation Street 6.30 Coronation Street The Deals 7.30 Coronation Street 8.00 Scott & Bailey 10.00 Kelly & Her Sisters Girls Up 11.40 ITV News: Weather 11.45 Mayday Mayday (R) 11.40 Strange Speed (R) 12.40 The Zone ITV News Headlines 2.30 Champions League Weekly 3.00 ITV Nightscreen 5.30 The Jeremy Kyle Show (R) 5.30 ITV Morning News

Channel 4
6.05 The Terrace People 6.40 The Hooks (R) 7.05 Freshly Squeezed 7.35 According to Jim 8.00 Everybody Loves Raymond (R) 9.30 Everybody Loves Raymond (R) 10.00 Frasier (R) 10.30 Frasier (R) 11.00 The Big Bang Theory (R) 11.30 The Big Bang Theory (R) 11.55 Underwater Boss USA 12.00 Channel 4 News Midday Summary 12.05 How to Cook Like Heston (R) 12.30 River Cottage Bites 12.35 Film: Real Wives (1994) 3.00 Cash in the Attic (R) 3.30 2012: Brand Clarke (R) 3.10 Countdown 4.00 Deal or No Deal 5.00 Come Dine with Me 6.00 Four in a Bed 6.00 The Simpsons (R) 6.30 Hollyoaks 7.00 Channel 4 News 7.05 Ahthught 8.00 Supersize vs Superskinny 9.00 The Undertakers 10.00 Rakebuster 10.30 Hit the Road Jack 11.00 Celebrity Big Brother's Bit on the Side Housewives 12.10 Poker 1.10 Channel 4 Presents – 2012: Hewin Turner (R) 1.15 KOTV Boxing Weekly 1.40 Saving America's Cup Underwater 2.10 MSA Mountain Rescue Championship (R) 2.30 The Grid (R) 3.05 Late Night Poker (R) 4.00 F.A.G.T Championship 4.55 Not Just Cricket 5.10 Full Metal Challenge

Channel 5
6.00 Milkshake! 8.15 The Wright Stuff 11.10 LIVE with Gabby 12.15 Cherry Ramman's Extreme Frontiers (R) 1.16 Hema and Away 1.45 Neighbours 2.10 CSI: NY (R) 3.15 Film Mary Kaggie Tierra Mendigal (R) Homers You (1999) 5.00 5 News at 5, 5.30 Neighbours (R) 6.00 Home and Away (R) 6.30 5 News at 6.30 7.00 Ultimate Fitness Interrogators (R) 5 News 8.00 Celebrity Trailers 5 News at 8.00 NCIS 10.00 Law & Order: Criminal Intent Nichols calls in the help of a forensic scientist he admires 11.00 Law & Order: Special Victims Unit (R) 11.00 Poker The Big Game 12.30 SuperCasino 2.30 House Doctor (R) 3.25 Michaela's Wild Challenge (R) 4.10 Nick's Quest (R)

Thursday

BBC1
6.00 Breakfast 9.15 Animal 24.7 10.45 Homes Under the Hammer (R) 11.30 News Weather 11.00 Don't Gail Dorie, Gail Dorie 11.45 Cash in the Attic BBC News Weather 12.15 Bargain Hunt (R) 1.00 BBC News Weather 1.30 Regional News Weather 1.00 Doctors 2.15 Escape to the Country (R) 3.00 BBC News Weather Regional News 3.00 CBBC 6.15 Pointless (R) 6.00 BBC News Weather 6.30 Regional News Programmes Weather 6.00 Party Election Broadcast 7.00 The One Show 7.30 EastEnders BBC News, Regional News 8.00 Watchdog 9.00 Jonty Wens Out of Africa 10.00 BBC News 10.25 Regional News Weather 10.30 Will Do You Think You Are? US 11.30 The Story of the Turban 12.00 Film View from the Top (2000) Romantic comedy starring Gwyneth Paltrow 1.20 Holiday Weather 1.30 Sign Zone Countryfile (R) 2.30 Antiques Roadshow (R) 3.30 Antiques Road Trip (R) 4.15 BBC News

BBC2
6.00 CBeebies 7.00 CBBC 8.30 Teletubbies 11.30 Film Tycoon (1947) Romantic drama starring John Wayne and Laraine Day 1.00 Pearing from Animal The opening day at the Grand National meeting 4.30 Perfection (R) 5.10 Put Your Money Where Your Mouth Is 6.00 Eggheads 6.30 Celebrity Antiques Road Trip (R) 7.30 Great British Menu 8.00 Nature's World, Heiman – Secrets of the Lost Gardens (R) 8.00 While Heat 10.00 The Sarah Millican Television Programme 10.30 Newsnight Weekend 11.20 Modern Spies (R) 12.00 Medium (R) 1.45 BBC News 4.18 Close

ITV1
6.00 Daybreak 8.30 Lorraine 9.20 The Jeremy Kyle Show (R) 10.30 The Jeremy Kyle Show (R) 10.30 The Jeremy Kyle Show USA 11.16 Murder She Wrote (R) 12.15 60 Minute Makeover (R) 1.16 ITV News Weather 1.26 Regional News Weather 1.30 You've Been Framed! (R) 2.00 Celebrity Murder Mystery (R) 4.00 The Great British Taste Test 4.30 The Chase 5.00 Regional News Weather 5.15 ITV News Weather 5.30 Plane's Funniest Animals (R) 6.00 Coronation Street 6.30 Coronation Street The Deals 7.30 Coronation Street 8.00 Scott & Bailey 10.00 Kelly & Her Sisters Girls Up 11.40 ITV News: Weather 11.45 Mayday Mayday (R) 11.40 Strange Speed (R) 12.40 The Zone ITV News Headlines 2.30 Champions League Weekly 3.00 ITV Nightscreen 5.30 The Jeremy Kyle Show (R) 5.30 ITV Morning News

Channel 4
6.05 The Terrace People 6.40 The Hooks (R) 7.05 Freshly Squeezed 7.35 According to Jim 8.00 Everybody Loves Raymond (R) 9.30 Everybody Loves Raymond (R) 10.00 Frasier (R) 10.30 Frasier (R) 11.00 The Big Bang Theory (R) 11.30 The Big Bang Theory (R) 11.55 Underwater Boss USA 12.00 Channel 4 News Midday Summary 12.05 How to Cook Like Heston (R) 12.30 River Cottage Bites 12.35 Film: Real Wives (1994) 3.00 Cash in the Attic (R) 3.30 2012: Brand Clarke (R) 3.10 Countdown 4.00 Deal or No Deal 5.00 Come Dine with Me 6.00 Four in a Bed 6.00 The Simpsons (R) 6.30 Hollyoaks 7.00 Channel 4 News 7.05 Ahthught 8.00 Supersize vs Superskinny 9.00 The Undertakers 10.00 Rakebuster 10.30 Hit the Road Jack 11.00 Celebrity Big Brother's Bit on the Side Housewives 12.10 Poker 1.10 Channel 4 Presents – 2012: Hewin Turner (R) 1.15 KOTV Boxing Weekly 1.40 Saving America's Cup Underwater 2.10 MSA Mountain Rescue Championship (R) 2.30 The Grid (R) 3.05 Late Night Poker (R) 4.00 F.A.G.T Championship 4.55 Not Just Cricket 5.10 Full Metal Challenge

Channel 5
6.00 Milkshake! 8.15 The Wright Stuff 11.10 LIVE with Gabby 12.15 Cherry Ramman's Extreme Frontiers (R) 1.16 Hema and Away 1.45 Neighbours 2.10 CSI: NY (R) 3.15 Film Mary Kaggie Tierra Mendigal (R) Homers You (1999) 5.00 5 News at 5, 5.30 Neighbours (R) 6.00 Home and Away (R) 6.30 5 News at 6.30 7.00 Ultimate Fitness Interrogators (R) 5 News 8.00 Celebrity Trailers 5 News at 8.00 NCIS 10.00 Law & Order: Criminal Intent Nichols calls in the help of a forensic scientist he admires 11.00 Law & Order: Special Victims Unit (R) 11.00 Poker The Big Game 12.30 SuperCasino 2.30 House Doctor (R) 3.25 Michaela's Wild Challenge (R) 4.10 Nick's Quest (R)

Friday

BBC1
6.00 Breakfast 9.15 Animal 24.7 10.45 Homes Under the Hammer (R) 11.30 News Weather 11.00 Don't Gail Dorie, Gail Dorie 11.45 Cash in the Attic (R) BBC News Weather 12.15 Bargain Hunt (R) 1.00 BBC News Weather 1.30 Regional News Weather 1.00 Doctors 2.16 Escape to the Country 3.00 BBC News Weather Regional News 3.05 CBBC 6.10 Pointless (R) 6.00 BBC News Weather 6.30 Regional News Programmes Weather 6.00 Party Election Broadcast 7.00 The One Show BBC News, Regional News 8.00 EastEnders 9.30 Would I Lie to You? 8.00 Have Got News for You 8.30 Not Going Out 10.00 BBC News 10.25 Regional News Weather 10.30 The Graham Norton Show 11.20 The National Lottery Friday Night Draws 11.30 The Mail Lucas Awards (R) 12.00 EastEnders 2.00 Weatherwatch 2.05 Sign Zone National World Queen of the Savannah (R) 3.00 Ken Russell: A Girl of a Devil (R) 4.00 Britain's First Pop Album (R) 4.30 BBC News

BBC2
6.00 CBeebies 7.00 CBBC 8.30 Teletubbies 11.00 Film The Big Sky (1952) Western starring Kirk Douglas 1.40 Racing from Aintree The second day of the Grand National meeting 4.30 Perfection (R) 5.10 Put Your Money Where Your Mouth Is 6.00 Eggheads 6.30 Celebrity Antiques Road Trip (R) 7.30 Great British Menu 8.00 Malcolm mund 3.30 Gardeners' World 6.00 Brick by Brick Rebuilding Our Past 10.00 Twenty Twelve 10.30 Newsnight 11.00 The Review 11.30 Film Ivanhoe (1952) Drama set in the Valley (2005) Drama starring Edward Norton 1.30 Film Yella (2007) Premiere Drama starring Nina Hoss 3.05 BBC News 4.30 Close

ITV1
6.00 Daybreak 8.30 Lorraine 9.20 The Jeremy Kyle Show (R) 10.30 The Jeremy Kyle Show (R) 10.30 The Jeremy Kyle Show USA 11.16 Murder She Wrote (R) 12.15 60 Minute Makeover (R) 1.16 ITV News Weather 1.26 Regional News Weather 2.00 60 Minute Makeover 3.00 Dolcanosi's Real Deal (R) 3.30 Regional Weather 4.00 The Great British Taste Test 4.30 The Chase 5.00 Regional News, Weather 5.30 ITV News Weather 5.50 Emmerdale 6.30 Coronation Street 6.00 Prime in Paradise 6.30 Coronation Street 7.00 Piers Morgan's Life Stories: Wilson Phillips 10.00 ITV News at Ten Weather 10.30 Regional News Weather 10.35 Film Charlie Wilson's War (2007) Real-based drama starring Tom Hanks 12.25 The Zone ITV News Headlines 2.30 Film A Home at the End of the World (2004) Drama, starring Colin Farrell 4.00 ITV Nightscreen 5.30 ITV Morning News

Channel 4
6.05 Sali Mali (R) 6.05 The Hooks (R) 6.40 Ice Roads (R) 7.05 Freshly Squeezed 7.35 According to Jim 8.00 Everybody Loves Raymond (R) 8.30 Everybody Loves Raymond (R) 9.00 Frasier (R) 9.30 Frasier (R) 10.00 The Big Bang Theory (R) 10.30 The Big Bang Theory (R) 11.00 Undercover Boss USA 12.00 Channel 4 News Midday Summary 12.05 River Cottage Veg Heroes 12.30 Film North By Northwest (1959) Hitchcock thriller starring Cary Grant 3.10 Countdown 4.00 Deal or No Deal 5.00 Come Dine with Me 6.00 Four in a Bed 6.00 The Simpsons (R) 6.30 Hollyoaks 7.00 Channel 4 News 7.05 Ahthught 8.00 Gail Your House in Order 9.00 Peter Kay Live at the Manchester Albert Halls (R) 10.00 Dennis 10.35 The Inbetweeners (R) 11.05 The Inbetweeners (R) 11.40 Parenthood Arts 11.45 Embarrassing Bodies (R) 12.45 The Undertakers (R) 1.15 Film Bend Sinister Marquis (R) 2.40 Damian Hirst, Thoughts Wink, Lie (R) 3.25 The Bible: A Testing (R) 4.20 Take Team (R) 4.10 Countdown (R)

Channel 5
6.00 Milkshake! 8.15 The Wright Stuff 11.10 LIVE with Gabby 12.15 Cherry Ramman's Extreme Frontiers (R) 1.16 Hema and Away 1.00 Neighbours 2.16 CSI: NY (R) 3.10 Film The Memory Keeper's Daughter (2008) Drama, starring Emily Watson 5.00 5 News at 5 6.30 Neighbours (R) 6.00 Home and Away (R) 6.30 5 News at 6.30 7.00 Holiday Heroes on Earth 7.30 Hannah Pober Helicopters 8 News Update 8.00 Master and Commander The True Story (R) 5 News at 9 9.00 Film The Perfect Storm (2000) Real-based disaster drama, starring George Clooney 11.30 Nature Shock The Sand Pirate (R) 12.30 SuperCasino 2.30 House Doctor (R) 3.25 Michaela's Wild Challenge (R) 4.10 Nick's Quest (R)

This week's crossword - Clues

Across

6 See (7)
7 A twist (5)
9 Feel (5)
16 Attribute (7)
12. Simplicity (11)
14 Blessing (11)
18. Storm (7)
19 Expel (5)
21. Thin (5)
22. Hide (7)

Down

1. Somewhere (5)
2. Reply (6)
3. Employ (3)
4. Morose (6)
5. Bestial (7)
8. Throb (7)
11 Oval (7)
13 Sundry (7)
15. Swell (6)
16 Swear (6)
17. Sharp (5)
20. Fresh (3)

Last week's solution

ACROSS 1 BY AND LARGE 7 REACT 8 CERAMIC 10 FRONTIER, 11 GLUM 13 RECEDE 15 AVERSE 17 NORM 18 CALMNESS 21 EDIFICE 22 ROAST 23 PLAY TRUANT
DOWN 1 BRAVO 2 ATTITUDE 3 DECREE 4 ACRE 5 GAMBLER 6 PREFERENCE 9 COMPENSATE 12 AVE MARIA 14 CORDIAL 16 CAREER 19 EXACT 20 TINY

Food & Drink

FOLLOW US ON TWITTER
@chiherald

No slip-ups; the world's first 'non-slip' banana

SAINSBURYS, no 1 retailer for Fairtrade, has announced it is to sell the world s first non-slip banana

The banana, which aims to put an end to accident prone Brits slipping on discarded skins, comes as a result of intense research and development by the supermarket Sainsbury's experts have spent years investigating what gives banana skins their slippery quality and how to increase friction between the skin and floor

Currently over 300 banana related injuries are reported each year in the UK alone, a number which is steadily increasing.

Top firms pledge to cut calories

MAJOR FIRMS including Coca-Cola, Subway and Tesco have pledged to cut calories from foods to help tackle obesity, the Health Secretary has revealed.

Seventeen companies, including supermarkets, food manufacturers and food outlets, have signed a new "calorie reduction pledge" as part of the Government's responsibility deal.

Andrew Lansley said the agreement, involving more than three-quarters of the retail market, would help cut "five billion calories" from the nation s diet every day.

He added: "Eating and drinking too many calories is at the heart of the nation s obesity problem."

Those signed up include Asda, Marks & Spencer, Morrisons, Sainsbury's, Tesco, Waitrose, Coca-Cola Great Britain, Kerry Foods, Kraft, Mars, Nestle, PepsiCo, Premier Foods, Unilever, Beefeater (part of Whitbread), Subway and contract caterer Compass

Under the pledge, Asda will develop a new reduced-calorie brand that will contain at least 30% fewer calories than its Chosen By You brand.

Coca-Cola will reduce the calories in some of its soft drinks by at least 30% by 2014 while Mars will cap the number of calories in its chocolate to 250 per portion by the end of 2013.

Meanwhile, Morrisons has pledged to launch a range of more than 300 healthier products and Premier Foods, which makes Ambrosia, Batchelors, Hovis, Loyd Grossman, Mr Kipling, Angel Delight and Sharwood's, will reduce calories in a third of its sales by the end of 2014.

Some 30% of new products will also be "lower calorie choices", according to the Department of Health

Subway now offers five out of its nine low fat subs, each with fewer than 370 calories, as part of its £3 lunch offer and Tesco is also "on track" to remove 1.8 billion calories from its soft drinks and will expand its Eat, Live, Enjoy range

Pasty maker calls for leadership

THE BOSS of David Cameron s favourite pasty makers has called for "clarity and leadership" from the Prime Minister in the row over VAT on hot takeaway food

Gavin Williams of the West Cornwall Pasty Company said that the PM did not understand the impact which changes in last week s Budget would have on consumers and workers in the pasty industry

Mr Cameron name-checked the firm for its very good" pasties as he came to the defence of the VAT reforms proposed by Chancellor George Osborne, which have been branded a "pie tax" by critics

The Prime Minister said that imposing the 20% tax on hot food served by supermarkets and bakeries would be fair to small businesses running fried chicken restaurants, burger bars or fish and chip shops and already have to charge VAT on takeaway sales

And the National Federation of Fish Friers backed him, arguing that Mr Osborne's proposal would help create a "level playing field between fast-food outlets and supermarkets

Meanwhile, there was confusion over Mr Cameron s memories of buying a West Cornwall pasty at Leeds station, as it emerged that the firm s outlet there shut down five years ago

Speaking to reporters at 10 Downing Street, Mr Cameron described himself as a "pasty-eater", adding: "I think the last one I bought was from the West Cornwall Pasty Company I seem to remember I was in Leeds

station at the time and the choice was whether to have one of these small ones or one of these large ones I have got a feeling I opted for the large one, and very good it was too."

Downing Street aides later said the PM might have been mistaken about the location of his purchase, after it was disclosed that the station e only pasty outlet - a Cornish Bakehouse - had recently closed However, they confirmed that he regularly eats pasties when travelling

Mr Williams thanked the PM for his endorsement for the company's products, but added: "What we really need from Mr Cameron right now is not advertising but clarity and leadership.

"We would have hoped that if he had been rubbing shoulders with our customers he'd better understand the impact that this move will have on them, and our sector and all the great suppliers within it."

Plans cooked up for new food giant

SOME of Britain s best-known food brands, including Bird's custard and Ragu pasta sauce, could reportedly become culinary bedfellows under plans to create a new food giant

Several private equity firms are looking to purchase two collections of brands from Premier Foods and Symington s and merge them under one banner, the Sunday Times said.

Premier Foods is considering the sale of Robertson s marmalade, Angel Delight, Bird s and Sarson s vinegar, while Symington s is selling Ragu and the rights to Campbell s soups in Britain and Ireland.

Private equity houses, including Permira and PAI Partners, are cooking up a scheme to gather the recognised products under one umbrella

Premier Foods, Britain s biggest manufacturer, has been forced to sell off brands to raise money to pay off its near £1 billion debts and intends to focus on eight "power brands" including Hovis bread

Premier racked up its borrowings during a spending spree that included Mr Kipling owner RHM, although it has insisted it is on the mend after recently sealing a £1.4 billion refinancing deal

Meanwhile, Premier is expected to reveal full details of its executive pay this week, which reportedly include a £400,000 bonus for chief executive Michael Clarke.

Leeds-based Symington s, which has been put up for sale by its shareholders, was founded in 1827 and supplied powdered pea soup to Captain Scott's first Antarctic expedition in 1901.

Symington s purchased several brands in 2007, including Chicken Tonight, after a management buyout in 2007

Cfs FURNITURE SHOWROOM

SALE 20% OF EVERYTHING
(This Weekend Only)

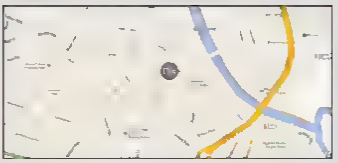
Furniture made in our own workshop in Bognor Regis

Open Good Friday 10am - 4pm Saturday 9am-5.30pm Monday 10am-4pm

Furniture made using Solid European Oak, Pine and MDF Painted Furniture.
Bespoke pieces can be made to suit your individual requirements

VISIT OUR SHOWROOM
Unit 16 Castlegrove Business Park
Durban Road Bognor Regis
PO22 9QT

Sales Line
01243 860136



Excludes items already reduced

Fashion

GOT ANY FASHION TIPS?
@chiherald

Beckham: I'm my own fashion model

VICTORIA BECKHAM has revealed she insists on trying on the outfits she's designing - because she represents "the general public".

The super-slim Spice Girl - who has successfully made the transition from pop star to fashion designer - has a hands-on approach while creating her garments.

She told Harper's Bazaar: "We always joke that we have this fabulously gorgeous 17-year-old model who is six-foot-whatever and I say, OK, I'm going to put it on - I stand for the general public here!

It's how I work. I found it really difficult when I was pregnant and I couldn't do that. It's part of the process. I'll stand here in my knickers and start draping fabric over myself."

Mum-of four Victoria – who posed in glamorous retro swimwear for the magazine – also revealed her latest style crush.

"I'm quite obsessed with Tilda (Swinton). I find her intriguing, very stylish, she clearly understands fashion."

Connery kilt boosts charity auction

JAMES BOND star Sir Sean Connery has donated a kilt he once paraded down the catwalk to a charity auction.

The Holland & Sherry kilt, worn by the former 007 agent at the Dressed to Kilt fashion show in New York City, was specially made in Peebles for Sir Sean in 2000.

It will go under the hammer at the Liberty Theatre in Times Square, New York, at a star-studded fashion show with the theme From Scotland With Love. The event is part of Tartan Week.

Proceeds will be split between Radio Clyde's Cash For Kids campaign, which helps around 100,000 vulnerable children across the west of Scotland every year, and US war veterans' charity The Wounded Warrior Project.

Other items up for sale include a pair of trews made for Donald Trump, a dress worn by actress Andie MacDowell, a kilt worn by rugby legend Gavin Hastings and plus-fours made for golfer Sam Torrance.

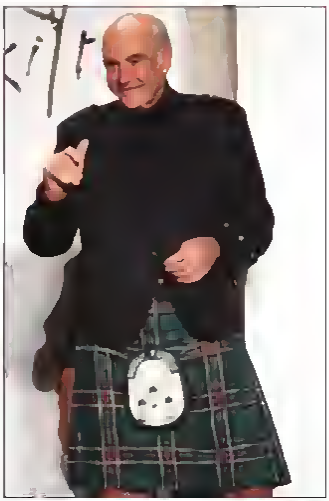
In December, US based charity Friends of Scotland, co-founded by Sir Sean, announced that Dressed to Kilt would not go ahead in 2012. The charity said it had ended its relationship with "volunteer" Geoffrey Scott Carroll.

However, Dr Scott Carroll said a similar event, From Scotland With Love, was planned in place of Dressed to Kilt's 10th anniversary. He said the name of the event was "actually irrelevant".

The fashion show and cocktail party has a dress code of "New York cocktail attire with a Scottish accent" and guests are encouraged to don their kilts and trews.

Lord Jack McConnell was appointed as chairman of Cash for Kids last year and he will make a speech on behalf of the charity at the auction event.

He said: "I think there will be some serious bidding for Sir Sean's kilt. He and I have for years been involved in this event and have supported it right through the past decade. His kilt, I'm sure, will be one of the items with the most interest at the auction."



Zurich chocolate show treats nation of chocoholics

EXHIBITORS at Zurich's Salon du Chocolat are celebrating 'Swissness' with a chocolate fashion show as the travelling confectionary fair opens its doors for the first time in a country renowned for its love of chocolate.

Founded in Paris in 1994, the Salon du Chocolat gala has toured the world to destinations such as Tokyo, New York and Cairo, and offers smaller, independent artisans the chance to exhibit their latest wares.

One such company is Swiss-based Chocowatch, which launched its novelty chocolate timepieces sculpted into a rock from the Swiss Alps in February this year.

Designed by Frances Gerber, who has worked as a graphic designer for Richemont's watch brand Jaeger Lecoultre, the 70 per cent cocoa watches come in two styles – milk chocolate and dark chocolate and retail at 14.50 Swiss francs.

H&M to open new retail chain in 2013

H&M's chief executive officer Karl-Johan Persson officially announced that the company will be opening a new chain of stores, beginning with Europe in 2013. What, exactly, we can expect from this chain was unfortunately not disclosed.

"We have many different projects in progress and already next year we will be launching a completely new store chain,' says Persson in a statement.

Rumours were swirling earlier this week about the company opening a luxury brand chain, and understandably, it got people talking. H&M? Luxury? We never would have imagined, but thinking about the possibility is kind of fun – what will the clothes look like, what will the price point be, and will they sell more designer collections?

H&M is known for its affordable, on-trend, "fast fashion," and has really led the way in this category of retailers. You might stop in there before an evening out to pick up something cute that won't break the bank and that you could wear only once and not be too upset about it. That whole cost-per-wear mentality justifies this type of commitment-free shopping. So luxury brand clothing is definitely new.

The company already opened a higher priced retail chain, COS, in Europe back in 2007. And according to NYDailyNews.com, H&M is set to launch the Exclusive Glamour Collection in April, made using sustainable materials, which has already been worn on the red carpet by the likes of actresses Michelle Williams, Kristin Davis, Viola Davis and Amanda Seyfried.

"Like COS, which today is very successful with good profitability, the new chain of stores will be independent and complement the other offerings from the Group," says Persson.

But no further details were given.

While we'd love to believe that the new chain will be a higher-end one, Nils Vinge, the company's head of investor relations, remains elusive about the media reports. "We have identified a gap in the market, and we've very excited about this," he tells Women's Wear Daily in a telephone conference.

UPTO
45%
OFF
WINDOW
RANGE

NEW!
'A' RATED
WINDOWS
A WARMER HOME
& LOWER HEATING
BILLS!

We are true manufacturers
of superior quality windows

HUGE
DEALS
ON BESPOKE
CONSERVATORIES

Add space, beauty and value to your home with a custom built conservatory

DOORS
FROM
£499 + VAT
INCLUDES
FITTING!

Style,
Security
& Value

UPVC DOORS
£499
£526

COMPOSITE DOORS
£729
£595
£770

Rose Green showroom
(We're next to Nat West Bank)
3 Avisford Terrace, Rose Green Road,
Rose Green, Bognor Regis PO21 3HB

www.britanniawindows.co.uk

BRITANNIA
CONSERVATORIES • WINDOWS • DOORS

FREE Quote -
No Obligation
01243 268777
Email: pw@britanniawindows.co.uk

How healthy is your bowel?

Denise Kelly

THERE has been a lot of attention around bowel health in the media lately, and I would say it's great to be aware, and yes, if bowel cancer is caught early then the chances of a successful outcome are very high. It is also very scary to think how common this type of cancer is becoming. There are many simple things we can do to prevent this disease from happening in the first place, and obviously the quality and type of food and drink we consume is an essential part of prevention and cure.

So why is it that us Brits find bowel health difficult or awkward to discuss? So many people suffer in silence with a variety of bowel conditions and discomforts that are not talked about massively in the media or within social circles to the same degree as other conditions, such as diabetes, heart disease, obesity or osteoporosis.

One of the best ways to keep your bowel clean as well as having a fantastic diet and exercise regime is Colonic Hydrotherapy. This treatment can be a somewhat taboo subject, which few people have much knowledge and understanding of. This wonderful health enhancing treatment does not deserve to be cast into the darkness as its benefits are truly cleansing and will make a difference to your energy levels and over all picture of health. People spend millions of pounds every year on improving the outside of their bodies leaving little thought about what is happening on the inside, and often there are very few signs for serious bowel disease until it is too late. I have written a great deal about spring-cleaning your body over the last few weeks and a great way to do that is to have Colonic Hydrotherapy at least 3 times a year. (The amount of visits you would have depends greatly on your state of health, and a qualified practitioner will advise you on this.) The digestion is a vital part of our life force and many women and men suffer from constipation, diarrhea, IBS, bloating, itching and other complaints that just won't go away.

"We are what we eat" is a popular saying but it is much closer to the truth to say that "we are what we absorb, assimilate and how effectively we eliminate". The aim of colonic hydrotherapy is to achieve all of these factors. You can't be truly happy and healthy whilst dragging around stale and stagnant waste in your colon!

With this type of treatment it's important to have a therapist you trust, and I would highly recommend a wonderful lady called Morag Bonterne. She is a qualified homeopath and Colonic Hydro therapist, and is such a lovely, warm friendly lady, whom during the treatment has the ability to put her clients at great ease, which is extremely important as it can be a very personal experience, and each person reacts differently. She is very passionate about improving the state of her client's health and wellbeing and is a great advocate for her work! Her skin looks amazing and she looks much younger than her age, so even if it's just for vanity (male and female!) this treatment is definately one not to miss out of the health care regime! Having recently visited her myself, and feeling like I could climb Mount Everest afterwards, I would highly recommend it!

On that note... enjoy your Easter Eggs!

Raw chocolate would be the best choice!

Morag practices from Steyning and West Wittering. To find out more about her go to www.westsussexcolonics.co.uk or call her on 01903 813500 – 01243 267445 – 07813158445

Denise Kelly is a BANT (British association of Nutritional therapists) registered Naturopathic Nutritional Therapist. She writes Nutrition Programs for a variety of organisations and has a private practise in Chichester, West Sussex and is the founder of K4 Fit Kidz. Tel 01243 528040 www.denisekelly.co.uk

Organ storage fluid in global recall

THE BRITISH GOVERNMENT confirmed that there had been a global recall of the fluid used to store most of its donor organs over fears it may have become contaminated.

The bacteria Bacillus cereus was found in the production line of Viaspan, the world's "gold standard" organ storage fluid, a spokesman for Britain's Medicines and Healthcare products Regulatory Agency (MHRA).

US manufacturer Bristol-Myers Squibb (BMS) confirmed it had issued a global recall after tests found bacteria in the solution used to monitor the sterility of the storage fluid.

"We are urgently investigating the cause of this issue," the company said in a statement.

BMS has notified all health authorities in countries where the product is distributed and will provide further updates as the investigation progresses.

The British government stressed that no patients had reported any adverse reactions following transplants, and that it would still use organs currently stored in the fluid.

"Our priority is to ensure patients are safe," said Sally Davies, the government's top health advisor.

"There is currently no evidence of any problems in patients who have recently had transplants where Viaspan has been used.

"If we were to recall the product immediately it is clear that patients would suffer and some may die," she explained.

The last production-line tests were carried out in July, so any fluid produced since then is at risk of contamination.

The results of ongoing tests on batches on Viaspan are due within two weeks, according to the British health spokesman.

Viaspan preserves the liver, bowel and pancreas and is often used when organs are transported.

The bacteria can cause diarrhoea, nausea, vomiting and stomach cramps, but patients can be prescribed antibiotics before their operation as a precautionary measure.

Junk food linked to depression: study

WE HAVE LONG known it is bad for your waistline – but junk food can also be bad for your mental health, according to research.

Foods like hamburgers, hotdogs and pizzas increase your chance of developing depression. Junk food consumers were 51 per cent more likely to suffer from the condition, compared with those who ate little or none.

As well as problems with mood, those eating fast food were more likely to be single and less physically active.

Almudena Sanchez-Villegas, who led the study, said the findings backed up previous studies that had made the link with depression.

The study looked at 8,904 participants who had never been diagnosed with the problem nor had taken anti-depressants.

They were assessed for an average of six months, and 493 were diagnosed with depression or started to take anti-depressants.

The study was done by the universities of Granada, in Spain, and Las Palmas de Gran Canaria, in the Canary Islands. It was published in the journal Public Health Nutrition.

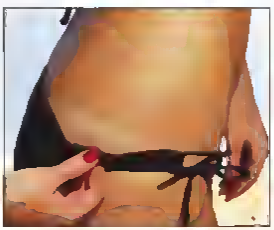
Ladies are legging it to stock up on fake tan

SALES OF FAKE TAN specifically for legs have rocketed this week thanks to the hot weather causing British women to expose their legs for the first time this year, says Debenhams.

Fake tanning lotions made just for legs including St Tropez everyday perfect legs and Lancôme flash bronzer leg gel are up 105% on last week and 17% up on this time last year.

In response, Debenhams has now introduced a 'tan tone' chart in its beauty halls to encourage a realistic colour match and prevent the 'tangoed look'.

Due to temperatures reaching 23°C a record high for March, brave Brits are baring their legs but ensuring that they avoid the pasty winter look by plastering their legs in fake tan.



Research shows that a surprising 73% of self tanners only apply fake tan to their legs and not the rest of their body in order to save time when getting ready for a night out.

Mammograms may lead to Breast cancer 'over-diagnosis,' study finds

NORWEGIAN scientists say as many as 1 in every 4 cases of breast cancer doesn t need to be found because it would never have caused the woman any problem

It s a startling idea for laypeople (and many doctors) thoroughly indoctrinated with the notion that any breast cancer is medically urgent — and should be found at the earliest possible moment

But in fact, the study published in the Annals of Internal Medicine is not the first to suggest that breast cancer is often "over-diagnosed" through mammography screening. This is when a tumor is found that would never have gone on to cause symptoms or death

A review of seven similar studies last year concluded that 30 percent of women who get a diagnosis of breast cancer through mammography screening represent "over-diagnosis and over-treatment

The Norwegian study avoids certain problems with those earlier studies, some of which combined different forms of breast cancer. It took advantage of the fact that mammography was introduced into Norway's 19 counties in a staggered fashion over a nine-year period rather than all at once.

That allowed the researchers to compare the rate of breast cancers diagnosed through mammograms and those found because a tumor was palpable or produced symptoms. Norway has data on virtually all women who get a diagnosis of breast cancer.

The study included nearly 40,000 women with invasive breast cancer but excluded those with a form called ductal carcinoma in situ. DCIS behaves differently, and study authors say it requires a separate analysis.

By comparing women who got mammograms and those who didn't at the same time – rather than at different time periods — the Norwegians were able to get around the fact that breast cancer incidence has changed over time. As in the U.S., breast cancer diagnoses went up when menopausal hormone therapy was widely used, and declined sharply when many women stopped using hormone replacement therapy.

The researchers concluded that 25 percent to 25 percent of breast cancers were overdiagnosed — meaning 6 to 10 women were overdiagnosed for every 2,500 offered screening mammograms.

This may be a tough sell for women with anxiety as a result of the "watch-and-wait" approach, as well as for radiologists who do not want to miss any sign of disease and fear of malpractice lawsuits.

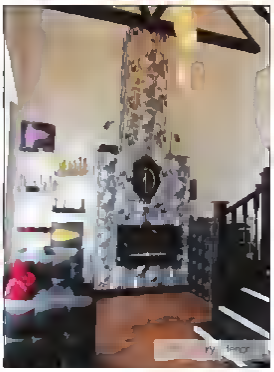
Salon opens to leave you feeling special

AT Benjamin James Hair Vision (formally Ros Palmer) their aim is to make glamorous hair and beauty services accessable to everyone. At their newly refurbished salon you will be made to feel relaxed and pampered at the hands of their highly qualified staff. They will give you the red carpet treatment which will leave you feeling fabulous.

If you combine this with the friendly atmosphere, welcoming environment and special attention to detail, you are sure of a truly enjoyable experience.

They now offer a full range of beauty services from Karen Barrett (new in- house beautician) which consist of Nazila and Orly gel nails, tanning, waxing, manicures and pedicures. HD Brows is another new addition - the new celebrity trend that defines your natural beauty - provided by their in-house HD Brow national trainer Laura. On hand is also a fully trained aesthetics nurse specialist to deal with non-invasive anti-aging treatments.

Benjamin James Hair Vision offer great discounts to new clients, plus re-booking rewards, a recommend a friend scheme, and fantastic discounts for loyal clients. So looking amazing has never been so affordable.



At Benjamin James Hair Vision you can be assured of a truly wonderful and relaxing experience. Together with all aspects of hair and beauty they aim to keep you wanting to come back for more.

Benjamin James Hair Vision, 114-116 The Hornet, Chichester, West Sussex.

Tel: 01243 532325 Twitter: @ BenJamesHair

Business & Money

FOLLOW US ON TWITTER
@chiherald

James Murdoch quits as BSkyB chairman

JAMES MURDOCH resigned as chairman of British pay-TV giant BSkyB on Tuesday, saying he did not want it to become a "lightning rod" for the hacking scandal at his father Rupert's media empire.

The post was the last major role held in Britain by James Murdoch, who has faced growing pressure over what he knew about the illegal accessing of voicemails at the now-closed News of the World newspaper.

The satellite broadcaster, which is 39 percent owned by Rupert Murdoch's US-based News Corp, announced that James would be replaced by deputy chairman Nicholas Ferguson.

He will stay on as a non-executive director of BSkyB, the company added.

"I am aware that my role as chairman could become a lightning rod for BSkyB and I believe that my resignation will help to ensure that there is no false conflation with events at a separate organisation," James Murdoch said in his resignation letter to the board.

As attention continues to be paid to past events at News International, I am determined that the interests of BSkyB should not be undermined by matters outside the scope of this company," he said.

It is the second high-profile position relinquished by Rupert Murdoch's youngest son and one-time heir apparent in the past two months as the family struggles to contain the damage from the phone-hacking row.

The 39-year-old resigned as executive chairman of News International, the News Corp unit which published the News of the World, on February 20.

He remains deputy chief operating officer of News Corp, with a focus on television operations.

But Britain's broadcasting regulator Ofcom reportedly stepped up an investigation last month into whether James Murdoch was a "fit and proper" person to sit on the BSkyB board.

James Murdoch has strongly denied knowing about the widespread hacking of phones by the tabloid, which caused a major scandal last year.

There was public revulsion in Britain when it emerged that the News of the World had listened to the voicemails of Milly Dowler, a murdered English schoolgirl, as well as dozens of victims of crime, celebrities and politicians.

News Corp responded by shutting down the 168-year-old News of the World, and it has since paid out millions of pounds in damages to victims.

'Portas Plus' plan to boost shops

THE Government has accepted "virtually all" of the recommendations from retail expert Mary Portas with a multimillion-pound funding package to breathe new life into Britain's ailing high streets.

Housing Minister Grant Shapps said a "Portas Plus" plan would include a £10 million High Street Innovation Fund to return empty shops to use, money awarded to locations delivering the most creative and effective revitalisation projects, and a National Markets Day to encourage entrepreneurs.

A £500,000 fund for Business Improvement Districts will also be set up to help town centres access loans.

Ms Portas set out 28 recommendations in her December review commissioned by Prime Minister David Cameron, including planning changes to aid town centres, free parking and annual market days, while warning that high streets could "disappear forever" without urgent action.

Mr Shapps said: "Today I'm accepting virtually all of the recommendations from Mary Portas's review but I'm also going that one step further, offering a 'Portas Plus' deal with a range of measures designed to help local people turn their high streets into the beating hearts of their communities once again."

He added: "Her report has provided the catalyst for change that many towns have been craving. I now want to see people coming together to form their own town teams and turning their creative ideas into reality to ensure their high streets thrive long into the future."

Ms Portas said: "I've been thrilled by the response of people, town teams and communities up and down the country who have seized this opportunity to come together and form their own ideas.

"I'm pleased that the response from Grant Shapps today is designed to build on this momentum and give local people the tools they need to turn their creative ideas into reality, along with extra money to bring empty shops back into use.

"Naturally I would have liked greater central intervention in critical areas such as change of use, parking, business rates and the sign off of new out of town developments and I will continue to fight for these, but I do believe that today marks the first day of a fresh new approach, putting our high streets firmly back on the public and national agenda."

The British Retail Consortium (BRC) said the Government's response to the report by Mary Portas included some "positive steps" but "doesn't live up to her bigger ambition to revitalise our high streets".

PANTHER TRUCK RENTAL MOVING HOUSE?

Not only can we supply any size of vehicle to do the job, we are now also supplying removal boxes and removal box kits.

Fantastic Value

WARDROBE BOXES

DOUBLE WALL

BUBBLE WRAP

PACKING TAPE

SINGLE WALL

REMOVAL KIT INTRODUCTORY OFFER

40 BOXES
10 SINGLE WALL LARGE 22 X 14 X 14 inches. (558 X 356 x 356 mm)
10 DOUBLE WALL HEAVY DUTY 18 X 12 X 12 inches (457 X 305 X 305 mm)
20 SINGLE WALL 12 X 9 X 9 BOXES inches. (305 X 229 X 229 mm)
JUST £49.95

PLUS 10 METRES BUBBLE WRAP, 100 SHEETS LARGE TISSUE PAPER
5 X REFUSE SACKS, 2 ROLLS PACKING TAPE, 1 X MARKER PEN.
£63.29 PURCHASED INDIVIDUALLY!

BUY SINGLE BOXES FROM 75p TO £2.99. BUY 10 SINGLE BOXES AND GET 10% OFF

SUPPLIED FLAT PACKED AND DELIVERED FREE TO LOCAL AREA. WITHIN 8 MILES OF CHICHESTER

E MAIL US : enquiries@panthertruckrental.co.uk BUY ONLINE AT : www.panthertruckrental.co.uk

CALL IN : See the full range and collect what you need at our office on Gravel Lane, Quarry Lane Industrial Estate, Chichester PO19 8PQ

OR JUST PHONE US ON CHICHESTER 01243 778109

FOLLOW US ON TWITTER
@chiherald

Home & Garden

Easter Gardening Activities

What to do this weekend with expert advice from local Horticulturalist Jo Golesworthy

THIS WEEKEND is by far an away the busiest weekend in the gardening calendar. With more visits to garden centres and more man hours spent in the garden than any other time of the year. There are so many projects to get underway it's difficult to know where to begin. Here are some jobs to be cracking on with this weekend

> "Protect your potted vegetables using carrier bags at night to ward off the freeze"

1. Begin the seasonal weed battle. Ground elder, dandelions, brambles. You name them and they're already setting up camp for the summer. Most weeds need to be removed from the roots. It's a cathartic job and tackling them now will save you from a lot of woe later in the year.

2. Protect your vegetable garden. There's still a threat of frost in the air, and the weekend's weather doesn't look like anything to write home about so protect any veg you have outside using cloches or polytunnels. If they're in pots use carrier bags at night to ward off the freeze.

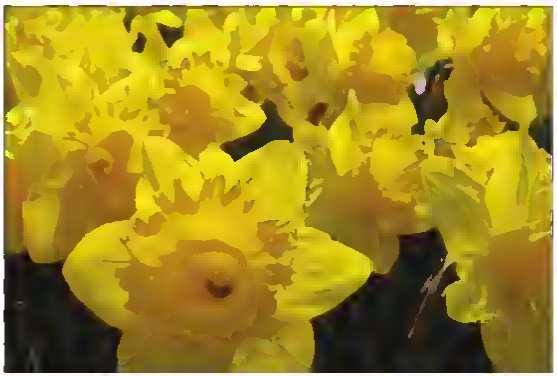
3. Plant your annual flower seeds. Sunflowers and marigolds indoors, but sweetpeas can go straight into the ground.

4. Feed your lawn. The drought is causing havoc with some lawns at the moment but there should be enough moisture in the evening air to keep it from dying. Buy a good lawn feed and give your grass an Easter present too.

5. Plant a herb garden. There are some fantastic offers in most of the local garden centres at the moment. Make sure you choose the right spot for your herbs (as near the kitchen as possible, mainly for convenience). It's a great way to get your garden plants into your kitchen.

6. Do a 'flower hunt' with the kids. There are so many beautiful spring flowers out now. Get the kids to identify some daffodils, bluebells, forget-me-nots, primroses, rosemary, and mascon. This is a really good way to keep them out of your hair for half an hour while you crack on.

Have a fantastic bank holiday weekend and enjoy your garden.



Jo Golesworthy
Horticulturalist, gardener, writer and designer
If you have any queries, questions or quandaries related to gardening or are looking for someone to work in your garden drop me an email at jgolesworthy@hotmail.com or call 07757 276794

So much more than a garden centre

Fantastic array of lifestyle goods a hit at Russells

YOU COULD SAY this place is something of a gem.

Russells Garden Centre is more than just what's in the name and during your visit you will probably spend a good couple of hours there before you realise the time.

Russells is a family owned and run garden centre in the pretty harbour village of Birdham, near Chichester.

Russells was established in 1946, but since Lesley and Richard Phillips took over in 1996 – who celebrated their 25th Wedding anniversary on Valentine's Day – the whole place has been transformed into one of the must visit places for home and garden on the south coast.

"We have grown so much over the years and with the help of our great team of staff and the encouragement and support of our customers, the centre has been transformed into a home, garden and food destination," beamed a happy Lesley.

"Being a family-run business we are able to source unique items of furniture and unusual giftware that cannot be found in the large superstores. It's so pleasing, especially now as the sun is out and people start attending to their homes and gardens, that so many customers faces are coming back time and time again."

They have a beautiful lifestyle store filled with quality indoor oak furniture, rustic and contemporary interior furnishings and a range of delightful gifts and cards.

Their stock of garden sundries, plants, outdoor furniture and BBQs is extensive.

You can relax in their award winning table service restaurant, where everything is freshly prepared on the premises using produce from their boutique deli, their delicious home-made cakes and desserts are well worth the journey.

The pinnacle of their achievement has been the contemporary licensed Restaurant which has won many awards for great food and friendly service.

One customer commented on the centre: "I have visited Russells on many times, it's like being at home, in fact it's better than home, the lovely cakes, the lovely gifts, friendly staff, well worth a weekend or any day visit; it's fantastic."

Why not visit and experience for yourself the friendly welcome everyone recieves at Russells garden centre, Main Rd, Birdham, Chichester, West Sussex, PO20 7BY.

Garden centre: 01243 512525
Restaurant: 01243 511156
Opening Hours: Monday to Saturday 8.30 - 5.30 Sunday 10.00 - 4.00
Or visit www.russellsgardencentre.com

Property

FIND YOUR PERFECT PROPERTY
In Chichester & the surrounding areas

An imposing detached Tudor style house situated on a plot approx a third of an acre within half a mile of the beach and shops. G F H c/glazing with leaded lights, cloakroom, triple aspect lounge opening to a garden rm, dining rm, fitted kitchen with attached conservatory/breakfast rm utility rm four bedrms, refitted bathrm and shower rm, playrm (potential for ground floor bedrm and en suite) gardens with heated swimming pool.

For more information please contact Coastguards on 01243 267 026
or email office@coastguardsproperty.co.uk

Coastguards Estate Agents
6 Coastguards parade, 113 Barrack Ln,
Aldwick, West Sussex PO21 4DX
office@coastguardsproperty.co.uk
www.coastguardsproperty.co.uk
Tel: 01243 267026

CRAIGWEIL-ON-SEA **£595,000**

A superbly presented bungalow situated in a secluded cul-de-sac approx 200 yards from the private beach. The property has been made the subject of an extensive programme of modernisation & refurbishment to provide light & bright open plan living. G.F.H., d/glazing, open plan lounge & dining rm with attached conservatory, open plan kit/breakfast rm, utility rm, cloakrm, master bedrm with en suite shower rm, two further bedrms, bathrm, double garage and gardens.

ALDWICK BAY ESTATE **£1,350,000**

A detached five bedroom house situated on the beach front of the Aldwick Bay private marine estate, refurbished throughout with a 'New England' style. u.P.V.C. double glazed large lounge, further reception, delightful spacious kitchen/dining room, utility room, playroom, master bedroom with en suite shower room, three further first floor bedrooms and bathroom, second floor bedroom with en suite balconies, double garage, gardens. Panoramic sea views and direct private beach access.

ALDWICK BAY ESTATE **£725,000**

A spacious detached house situated in quiet cul-de-sac of private marine estate within 150 yards of the private beach. The current owners have carried out a comprehensive programme of extension and modernisation. G.F.H., u.P.V.C. double glazing, fascias & soffits, cavity wall insulation, inglenook lounge, dining rm, sitting rm, kit/breakfast rm, master bedrm with en suite bathrm, four further bedrms, second bathrm, shower rm, balcony, integral garage and gardens including a secluded L-shaped cul-de-sac garden with heated swimming pool.

ALDWICK BAY ESTATE **£589,950**

A picturesque detached thatched residence situated in a private marine estate approx. 400 yards from the private beach. The property has been made the subject of a programme of extension & modernisation by the current owners. G.F.H., u.P.V.C. double glazing, dual aspect lounge, a good sized extended dining room, a well fitted dual aspect kitchen/breakfast room, a utility room with cloakroom, master bedroom with balcony, two further double bedrooms, two refitted shower rooms, a garage and delightful gardens including a South facing rear with timber chalet.

PAGHAM **£495,000**

A detached beach front house situated in a private drive, shared with just one other property, off a quiet cul-de-sac. G.F.H., u.P.V.C. double glazing and fascias, cavity wall insulation, lounge, dining room, conservatory, kitchen, utility room, ground floor bathroom, four bedrooms, second bathroom, double garage with additional courtyard parking, sheltered South facing rear garden with direct access to the beach and unobstructed sea views from the majority of principal rooms.

ALDWICK **£490,000**

A det character house situated approx half a mile from the beach & shopping facilities at Rose Green. The property has been made the subject of a programme of refurbishment & remodelling by the current owners. G.F.H., double glazing, 36' dual aspect lounge/dining room, sitting room/study, kit/breakfast rm, utility rm, gr fl bedrm with en suite bathrm, first floor master bedrm with adjacent shower rm, two further double bedrooms, family bathrm with separate w.c., parking area and gardens.

ALDWICK **£159,950**

A one bedroom close care apartment in the grounds of the Royal Bay care home, purpose built to be elderly user friendly with many safety features and the availability of any level of assistance from the care home, gas c.h., double glazed, living room, kitchen, bedroom, bathroom, personal patio area.

The Property Ombudsman
rightmove.co.uk
The UK's number one property website
FindaProperty.com

LICENSING APPLICATION LICENSING ACT 2003

Notice of application for the variation of a Premises Licence.

NOTICE IS HEREBY GIVEN that an application has been made to the Licensing Authority of Chichester District Council for the variation of a Premises Licence under Section 34 of the Licensing Act 2003.

Details of the application

Name of Applicant: SA Taper LTD

Postal address of premises: Rosario's, 10 Oakfield Road, East Wittering, Chichester, West Sussex PO20 8RP

Application.

Inclusion of the first floor premises (12 Oakfield Road, East Wittering) to the existing license currently in force and a reduction in the permitted hours of late night refreshment and sale of alcohol to new finish at 00 00 hours midnight daily

A copy of the statutory register may be inspected during normal office hours at the address shown below.

Any Responsible Authority or Interested Party wishing to make representations on this matter must submit those representations in writing to the Principal Licensing Officer Licensing Team, Environmental Health Services Chichester District Council, East Pallant House East Pallant Chichester, West Sussex PO19 1TY or by email to licensing@chichester.gov.uk by no later than the 03/05/2012

Any representations will be notified to the applicant and will be considered by the Licensing Authority

Please note that it is an offence knowingly or recklessly to make a false statement in connection with an application and on summary conviction for the offence, a person is liable to a fine not exceeding level five on the standard scale (currently £5,000).

Calling all landlords – find out about the new Homefinder scheme

A BRAND NEW housing initiative that aims to benefit both landlords and those needing rented accommodation has been launched

Chichester District Council's new Homefinder Property Management Service is a professional in-house lettings agency for private sector landlords in the Chichester District. The service can provide a guaranteed monthly income to landlords, while helping people who desperately need homes to access quality housing.

An event has been organised for local landlords on Thursday 10 April at 6.30pm in the Committee Rooms at the council offices in East Pallant House, Chichester. This will include the opportunity to meet the Homefinder team and discuss your needs in more detail. If you would like to attend the event, please contact the team on 01243 534734 or email lettings@chichester.gov.uk

"The Homefinder scheme offers a complete letting service – ranging from helping to find a tenant, to dealing with all the paperwork and day-to-day running of the property," says Cllr Janet Duncton, Cabinet Member for Housing and Planning at Chichester District Council.

"The recent reduction in the amount of housing benefit payable to private tenants has resulted in fewer private rented properties being made available. We have around 4,500 people on our housing waiting list, and desperately need more quality rented accommodation. This scheme will not only help reduce the waiting list, but also help prevent homelessness by providing more properties for us to use.

"The Homefinder Property Management Service is specifically for landlords who are willing to accept tenants claiming housing benefit. It will also offer grants to help landlords bring properties back into use and meet the required standards.

"Other councils across the country are running successful schemes such as this. And it is making a real difference by helping landlords find tenants and local people find quality housing."

The private sector housing team can offer three levels of support, which can include

- a guaranteed rental income, a free full colour inventory; a free energy performance certificate, full management of the tenancy; access to grants of up to £4,000 to bring the property up to accreditation*, and, access to grants of up to £10,000 to bring an empty property back into use*

For full details on the scheme, please contact the Homefinder Team on 01243 534734 email lettings@chichester.gov.uk or go to www.chichester.gov.uk/homefinder

*Terms and conditions apply.

ST WILFRID'S HOSPICE

St Wilfrid's Hospice CHICHESTER

St Wilfrid's Hospice CHICHESTER

Charity [illegible]

NEEDS YOUR FURNITURE DONATIONS TO CONTINUE TO RAISE FUNDS.

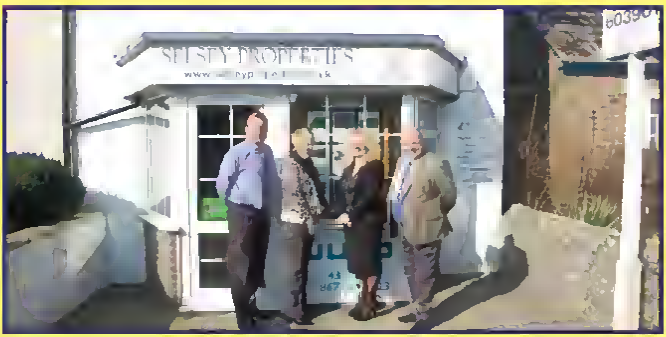
CONTACT US ON: 01243 776712 (Donation Centre)

01243 530518 (Quarry Lane)

OR DROP OFF YOUR DONATIONS AT THE DONATION CENTRE ON LAVANT ROAD IN SUMMERSDALE (A286)

Selsey Properties

68 High Street, Selsey, West Sussex, PO20 0QJ
Tel: 01243 603901 homes@selseyproperties.fsnet.co.uk
www.selsey-properties.co.uk



Murray Road, Selsey £325,000

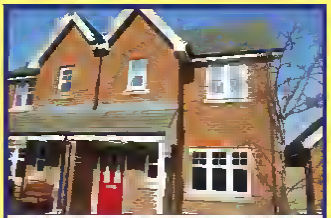
This Extended Three Bedroom Detached House is located on the sought after West side of village in a quiet cul de sac close to shopping facilities bus route and seafront The property is in excellent order throughout

Manhood Lane, Sidlesham £129,950

This One Bedroom Semi Detached Bungalow is situated in a residential Cul de Sac in the village of Sidlesham with open views across the green Accommodation comprises Entrance Hall Lounge Kitchen Dining Area Double Bedroom and Bathroom

Acorn Close, Selsey £209,950

This Three Bedroom Semi Detached House is situated west of the Village centre in a pleasant Cul-de-Sac located on the popular Meadows Estate The property benefits from Gardens Gas Central Heating and UPVC Double Glazing



Hunnisett Close, Selsey £224,950

This Three Bedroom Semi Detached House is situated on the popular Mulberries estate located in a pleasant Cul-de sac north of the village centre The property benefits Gas Central Heating UPVC Double Glazing and En suite

Gainsborough Drive, Selsey £229,950

This Spacious Three Bedroom Semi Detached Bungalow is situated east of the village close to shops and bus route The property benefits from Two Receptions Gas Central Heating UPVC Double Glazing Garage and Driveway with ample parking

Longacre, Selsey £295,000

This well appointed Three Bedroom Two Reception Room Detached Bungalow is situated in a sought after area South of the village centre The property benefits from Gas Fired Central Heating UPVC Double Glazing UPVC Fascias and Guttering

Ella Close, West Wittering £425,000

A Lovely spacious extended chalet bungalow situated in a small quiet close approx 250m from the sea Situated within walking distance of the local amenities Accommodation comprises Hallway Kitchen Lounge/Diner Sun Room Four Bedrooms and Two Bathrooms

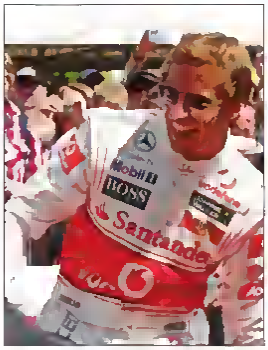
FindaProperty.com rightmove

Local people Local experts Local knowledge
We are the Selsey agent

Motors

SPONSORED BY PANTHER TRUCK RENTAL
01243 778109 www.panthertruckrental.co.uk
PANTHER TRUCK RENTAL

Boys are back to thrill the crowds



VODAFONE McLaren Mercedes two British Formula One World Champions – Jenson Button and Lewis Hamilton – are both now confirmed to be appearing in action at the 2012 Goodwood Festival of Speed (29 June to 1 July)

As Festival of Speed regulars, Jenson and Lewis know every inch of the demanding 1.16-mile Goodwood hillclimb, so will be demonstrating the Vodafone McLaren Mercedes MP4-26, plus the McLaren MP4-12C supercar to full and memorable effect

The Vodafone McLaren Mercedes F1 team is one of seven current Grand Prix teams expected to attend the Festival this summer. There will also include the Red Bull Racing team, in action with their reigning F1 World Champion Sebastian Vettel and his team mate Mark Webber.

Jenson will be present at Goodwood on Saturday 30 June, with Lewis taking to the Hill on Sunday 1 July.

Motorcycle champions set to scramble back to the Revival in 2012

FOLLOWING the huge success of a group of British Motocross riders and ex-Champions riding on a dedicated scrambler track at last year's Revival for the very first time, popular public demand will see many of these motorcycles and riders returning to Goodwood for the 2012 Revival (14-16 September)

Top riders from the halcyon days of scrambling (mid-1950s to mid-1960s), celebrates the careers and results of a group of British Motocross riders who won countless international scrambling events between 1955 and 1900 These will include the winners of the majority of BBC TV's popular Grandstand Scrambles, plus every British 250cc and 500cc Scrambles Championship between these years.

The Revival is renowned for the quality of the riders and pre-1966 motorcycles that regularly contest the Barry Sheene Memorial Trophy race, with the black leathered competitors proving to be a firm favourite with Goodwood spectators

MOTOCROSS CHAMPIONS

The list of Motocross Champions attending the Goodwood Revival includes Les Archer (Norton), Dave Bickers (Greaves), Dave Curtis (Matchless), Arthur Lampkin (BSA), Dan and Derek Rickman

(Metisse), and Jeff Smith (BSA). Les Archer and Dave Bickers won the 500 and 250 European Championships respectively in 1956 and 1960-61, and Jeff Smith won two World Championships in 1964-65.

The Motocross Champions will complete a daily parade around the Goodwood race circuit at the Revival, the majority of them mounted on their original machines The Champions and their machines will be located alongside the Barry Sheene Memorial Trophy competitors in the Motorcycle Paddock, adjacent to the Chicane on the Goodwood Finishing Straight on the circuit infield

NEW DEDICATED MOTOCROSS RACE TRACK

In addition, Goodwood has built a dedicated motocross race track at Lavant Corner for Revival spectators to watch the scramblers in action. An authentic period Scrambles Paddock has also been re-created and filled with a group of 50 riders and their motorcycles.

DCP AUTOS

>> Here at DCP AUTOS we pride ourselves in providing a quality yet affordable service, We can service your car or van to the manufacturers recommended service schedule using OE parts which will not affect your warrantee saving you £££ We provide a wide range of services making it more convenient for our customers We have the latest update diagnostic software to help diagnose faults first time We have recently purchased a top of the range tyre machine and wheel balancer to enable use to change tyres up to 24 inches without causing damage to rim.

15% OFF LABOUR CHARGES when mentioning this Ad

>> Servicing and Repairs to all Makes and models
>> Tyres, Batteries, Exhausts
>> MOT arrangement, Collection service
>> Cambelts, Clutches

Servicing costs start from as little as £99 for interim services and £180 for Major services All parts and labour carry a 12 month or 12,000 mile guarantee

A MEMBER OF Medic Cops NHS STAFF DISCOUNT SCHEME
FSB

Tel: 01243 781307 Mobile: 07739960781
Units 5-7 Shopwhyke Ind Est, Oving road, (Behind the driving test centre)
Monday to Friday 8am-5:30pm Saturday 8:30am—1:30pm
All prices stated subject to Vat and are a guild price, Exact quote can be given upon request
DCP AUTOS

4 DAY EASTER EXCHANGE

Ends Easter Monday

At Europe's Official No 1 Hyundai Dealer

i10 £2350 Guranteed Minimum Part Exchange NO EXCEPTIONS NO EXCLUSIONS

i20 £3150 Guranteed Minimum Part Exchange NO EXCEPTIONS NO EXCLUSIONS

i30 £6785 Guranteed Minimum Part Exchange NO EXCEPTIONS NO EXCLUSIONS

4 DAYS ONLY!

2012 i10 Classic

Was £8245 You pay only £5995*

Monthly payment £89.90*

After Guaranteed Minimum Part X £2350

NO EXCEPTIONS. NO EXCLUSIONS

Finance Example

monthly payment of	£129.90
monthly payments of	£89.90
optional final payment (based on 6,000 annual miles)	£2,949
5000 ITN gross* after Hire. PX allowance	£5,995
Total amount payable including optional final payment after £2,350 Hire. PX allowance	£7800.04
Total deposit (including £2,350 Minimum Part X allowance)	£2,850
Total charge for credit	£1 613.04
Interest, 10.9% fixed	£1,474.04

10.9% APR representative

4 DAYS ONLY!

2012 i20 Classic

Was £9745 You pay only £6745*

Monthly payment £133.15*

After Guaranteed Minimum Part X £3150

NO EXCEPTIONS NO EXCLUSIONS

4 DAYS ONLY!

2011 i30 Classic

Was £13995 You pay only £6995*

Monthly payment £125*

After Guaranteed Minimum Part X £6785

NO EXCEPTIONS NO EXCLUSIONS

4 DAYS ONLY!

2012 ix20 Comfort/Comfort Plus Auto

Was £13945 You pay only £9995*

Monthly payment £185.26*

After Guaranteed Minimum Part X £2200

NO EXCEPTIONS NO EXCLUSIONS

4 DAYS ONLY!

2011 Santa Fe 2.2 CRD style 5 seat

Was £24945 You pay only £18995*

Monthly payment £299.47*

After Guaranteed Minimum Part X £4200

NO EXCEPTIONS NO EXCLUSIONS

Plus

NO DEPOSIT

No deposit

The all new i40 Tourer

From £299 Monthly payment

Our price from £17995

No Deposit 0% 5years to pay

0% APR

No deposit

i30 Estate

From £249 Monthly payment

Our price from £14999

SAVE £3646

Balance 0% 60 months No deposit

5 yrs to pay

FITZHERBERT ROAD, FARLINGTON, PORTSMOUTH PO6 1RU

128 MIDDLETON ROAD, BOGNOR REGIS, WEST SUSSEX PO22 6DL

CALL OUR HYUNDAI SALES HOTLINE ON 02392 221 441

CALL OUR SERVICE HOTLINE ON 01243 583 185

Check our website www.richmondmotorgroup.com or search 'Richmond Hyundai' on facebook

Richmond MOTOR GROUP www.richmondmotorgroup.com

Europe's No 1 Hyundai dealer

MOTOR TRADER AWARDS WINNER

Herald Recruitment

BOXES AVAILABLE AT
£25 PER WEEK PLUS VAT

Deli Supervisor - Russells Garden Centre

Russells Garden Centre are looking for a Deli supervisor to compliment their current team of friendly staff

The ideal applicant must have a passion and interest in food with a positive friendly personality with retail experience essential

Please send a CV to russells@russellsgardencentre.com

About Us

Chichester Herald provides businesses with an unrivalled targeted and cost-effective advertising solution across the City with a newspaper readership of 45 000

The newspaper is available for self selected pick up across the city of Chichester and surrounding areas in a wide variety of locations every Friday

• Junior Reporter required – Chichester Herald

An enthusiastic individual is required to help look after our Chichester Herald news patch

The successful applicant will have a major role to play in looking after our news, entertainment and sport

The role would suit a newly qualified journalist or an individual with an interest in journalism who is keen for their first job on the career ladder with assisted training

The position will be Chichester based but may also include help with our sister newspaper in Brighton, as and when required

Please email a CV and introduction to dean.adams@chichesterherald.co.uk

Closing date: Friday 6th April 2012

• Reporter required – Chichester Herald

Chichester Herald is looking for a journalist to develop their news, entertainment and sport

The role would suit an individual who can build on the newspapers current success.

The position will be Chichester based but may also include help with our sister newspaper in Brighton, as and when required.

A driving license is essential

Please email a CV and introduction to dean.adams@chichesterherald.co.uk

Closing date: Friday 6th April 2012

• PA required – Chichester Herald

Chichester Herald is looking for a PA to help assist and develop the newspaper

The successful applicant will be familiar with everyday software applications and have a keen interest in marketing, social media and PR to help develop the business.

An interest in writing would be beneficial.

A driving license is essential.

Please email a CV and introduction to dean.adams@chichesterherald.co.uk

Closing date: Friday 6th April 2012

male concept

Male Concept

Hours Full/Part Time

Pay IN EXCESS OF £20 000 PER ANNUM

DUE TO OUR CONTINUED SUCCESS AND EXPANSION WE URGENTLY REQUIRE FOR OUR NEW CHICHESTER SHOP

EXPERIENCED BARBER / HAIRDRESSER REQUIRED

ALL APPLICANTS MUST BE **FULLY QUALIFIED**
FULL & PART TIME POSITIONS AVAILABLE
WE ALSO HAVE VACANCYS AT OUR SELSEY BRANCH

OPPORTUNITY TO EARN IN EXCESS OF £20,000 PER ANNUM

PLEASE CALL IN STRICTEST CONFIDENCE
07970 720325
FOR AN INFORMAL CHAT

To advertise here call **01243 200999** or email **advertising@chichesterherald.co.uk**

Sports Relief

University students organise Sport Relief mini-Olympics

THE UNIVERSITY of Chichester has hosted a mini-Olympics event for Sport Relief, which was run by third-year Community Sports Coaching students as part of their 'Managing Community Sports Events' module

The event on Friday 23rd March saw over 120 participants (including students and staff), 30 volunteers and nine Community Sports Coaching event team students involved on the University's Bishop Otter Campus

Every participant competed in six different sports (Javelin, Team Challenge, Blind Football, Wheelchair Basketball, Table Tennis and Indoor Curling) with the results tallied on a leader board throughout the day

Senior Lecturer Daniel Potter said: "This was not set up as a highly competitive event, but an event of opportunity and participation. As a group, my students chose six sports which were accessible in order to promote social inclusion in sport

"The opportunity of planning and running a Community Sports Event gives the students the experience they will be required to have when entering the world of sport employment. This module aims to examine the importance of staging community sports events in the context of modern sports development

"Sport Relief is a charity which speaks volumes for the great work which sport can do in communities, helping those who are not as fortunate as others both in the UK and across the world in some of the toughest countries. This charity really does seek 'Sport for Social Change'

"We hope that after collecting the last few pounds from team entries and other additional donations that we will be able to write a cheque for over £500 next week, made payable to Sport Relief. It was a very enjoyable day and something which I hope continues every year at the University with proceeds going to a very worthy charity."

Events

Get fit and help raise money for charity!

TWO charity events have been organised by Westgate Leisure Chichester

Zumba Gold class will take place Good Friday (6 April) and badminton tournament sessions will be held on Sunday 22 April. All proceeds from both events will go to Action medical research for children and babies

"Action medical research helps fund medical breakthroughs, and they played a vital role to develop the polio vaccine in the 60s. We hope you will come along, have fun, get fit, and help raise some money for this worthwhile cause," says Kevin McCoy, Westgate Leisure Manager

Zumba is a fantastic calorie burner. With red-hot dance steps and easy-to-follow routines, this invigorating dance-fitness 'party' will have you moving to the groove of salsa, cumbia and samba. Get ready to join the party, and see a whole new side of yourself! The class will be run from 1pm - 2.30pm in the main hall at Westgate Leisure Chichester. Entrance fee will be £3.50

Badminton Tournament Sessions will be held on Sunday 22 April 2012. There will be two sessions: 9.30am-12.30pm and 2pm-5.30pm. Entry fee is £5 per person per event

9.30am - 12.30pm: 'A fun doubles tournament' for all. Enter with a family member, friend or on your own (will be paired up on the day). Come along and have a go. There will also be a junior tournament for Under 16's. Minimum age 8 years old. Juniors will be split into two age groups: 8 - 12 yrs old and 13 - 16yrs old

2pm - 5.30pm: A more competitive tournament for those that are regularly playing badminton either in a club or league. Enter with your doubles partner or as a single competitor, where we will pair you up on the day

To book a place at either of these events, please contact Westgate Leisure Chichester on 01243 786561, book online at www.westgateleisure.co.uk or contact hdunster@chichester.gov.uk

New era at City

Club appoint new managers in fresh start

CHICHESTER CITY Football Club has appointed a new management team with immediate effect as they plan for next season

Neil Sherlock and Alex Twitchen will be joint-managers in charge of all first team management and coaching and will have overall responsibility for developing players through all stages of senior men's football at the club

This follows the recent resignation of former boss Ade Gardiner after a tough season at the helm

Neil Sherlock is a former Bognor Regis Town FC player who has had links with Crystal Palace, Portsmouth and Aldershot FC in the past Neil has coached in the Ryman South league and more recently coached in Sussex with Sidlesham, Arundel, Pagham, and most recently Selsey Neil has also been head coach at Portsmouth Ladies FC in the Women's FA Premier League and is also currently coaching at Crawley Town Centre of Excellence In terms of FA Coaching qualifications Neil has achieved an FA Level 3 award (UEFA B Licence) and has already completed his Level 4 (A Licence) preparatory course. Neil is also a FA Coach mentor.

Alex Twitchen has managed teams at Ryman league level in the past and is currently technical director at Brighton and Hove Girls Centre of Excellence. In terms of playing experience, Alex has played semi-professional football with Marlow, Slough

and Chertsey Town. In terms of FA coaching qualifications, he has achieved a UEFA A licence award (Level 4) and in addition is also an FA Coach Educator plus a 1st4Sport external verifier

Neil and Alex will be working very closely with both Sean Forry in his new role of reserve team manager and Keith Tallent, appointed u18's manager for the new season to ensure all aspects of player development are considered with the eventual aim of producing players who can successfully perform at first team level

Oliver Adnan, acting chairman said "The development of local community senior players through various age groups has always been our main priority at Chichester but unfortunately for a few seasons now we have not been able to do this as much as we would have liked. However, with our new management team in place for the remainder of this season and the 2012/13 season, given their coaching experience we will get back to developing players to benefit the club in the long-term "

The new first team management take charge for the first time this Saturday at home to Lingfield

Football

Results

Saturday 31 March 2012
Division 1
Arundel 2-1 Lingfield
Pagham 3-0 Rye Utd
Peacehaven & Telscombe 2-1 Selsey
Sidley Utd 7-7 Chichester City

Division 2
Midhurst & Easebourne 2-2 Bexhill Utd

Division 3
Bosham 2-1 Forest
Ifield 2-4 Barnham

Fixtures

Saturday 7 April 2012
Division 1
Chichester City V Lingfield
Ringmer V Arundel
Selsey V Worthing Utd

Division 2
Midhurst & Easebourne V Eastbourne Utd AFC

Division 3
Bosham V TD Shipley
Forest V Barnham

Monday 9 April 2012
Division 1
Chichester City V Arundel
Pagham V selsey

Division 2
Midhurst & Easebourne V Loxwood

Division 3
Bosham V Barnham
Clymping V Ferring

Sussex County Football League

DIVISION 1

Team	P	W	D	L	F	A	GD	PTS
RYE UNITED	35	25	5	5	94	41	53	80
THREE BRIDGES	33	25	3	5	64	32	32	78
LANCING	34	23	8	3	74	32	42	77
PAGHAM	34	20	6	8	75	48	29	66
PEACEHAVEN & TELS	34	19	6	9	72	45	26	63
HASSOCKS	35	19	6	10	80	56	24	63
LINGFIELD	33	17	7	9	74	51	23	58
REDHILL	33	16	5	12	78	52	26	53
AFC UCKFIELD	34	14	7	13	63	61	2	49
EAST GRINSTEAD TOWN	35	15	4	16	64	70	-6	49
SIDLEY UNITED	35	14	4	17	43	56	-13	46
SELSEY	34	12	4	18	57	69	-12	40
CROWBOROUGH ATHLETIC	36	11	7	18	64	77	-13	40
WORTHING UNITED	33	8	12	13	56	78	-23	36
HORSHAM YMCA	35	11	3	21	48	76	-28	36
RINGMER	34	10	5	19	46	59	-13	35
SHOREHAM	36	9	8	19	61	87	-26	35
ARUNDEL	34	9	7	18	56	82	-26	34
ST FRANCIS RANGERS	35	1	13	21	34	77	-43	16
CHICHESTER CITY	32	3	2	27	30	84	-54	11

DIVISION 2

Team	P	W	D	L	F	A	GD	PTS
EAST PRESTON	31	28	2	1	114	27	87	86
HAILSHAM TOWN	30	21	6	3	80	32	48	69
DORKING WANDERERS	30	18	6	6	66	40	26	60
LITTLEHAMPTON TOWN	31	13	12	6	59	35	24	51
EASTBOURNE UNITED AFC	32	14	8	10	51	46	5	50
LOXWOOD	30	15	4	11	53	57	-4	49
BEXHILL UNITED	32	15	4	13	56	61	5	49
SOUTHWICK	33	12	12	9	43	38	5	48
STORRINGTON	31	11	7	13	56	52	6	40
RUSTINGTON	31	10	9	12	49	59	-10	39
MILE OAK	33	11	4	18	53	64	11	37
STEYNING TOWN	31	9	6	16	48	67	19	33
WICK	30	9	5	16	38	60	22	32
WESTFIELD	30	7	9	14	47	83	-36	30
SEAFORD TOWN	31	8	3	20	42	59	-17	27
OAKWOOD	31	5	11	15	39	75	-36	26
MIDHURST & EASEBOURNE	30	8	3	19	53	93	40	*26
LITTLE COMMON	31	6	7	18	45	66	-21	25

DIVISION 3

Team	P	W	D	L	F	A	GD	PTS
NEWHAVEN	26	19	4	3	83	30	53	61
SALTDEAN UNITED	24	17	5	2	75	21	54	56
PEASE POTTAGE VILLAGE	25	17	1	7	69	38	31	52
BROADBRIDGE HEATH	26	15	4	7	56	36	22	49
FOREST	24	15	4	5	59	38	21	49
BARNHAM	24	15	3	6	70	32	38	48
ROTTINGDEAN VILLAGE	26	13	3	10	48	53	-5	42
FERRING	26	11	4	11	43	54	11	37
UCKFIELD TOWN	25	8	9	8	51	46	5	33
IFIELD EDWARDS	26	9	5	12	43	51	-8	32
BOSHAM	27	8	6	13	40	50	10	30
HURSTPIERPOINT	28	8	6	14	42	58	-16	30
TD SHIPLEY	25	9	1	15	46	60	14	28
CLYMPING	28	5	3	20	31	89	58	18
HAYWARDS HEATH TOWN	29	3	7	19	26	65	37	16
ROFFEY	29	2	5	22	32	97	65	11

* 1 pt deducted - ineligible player

Furniture & Mirror

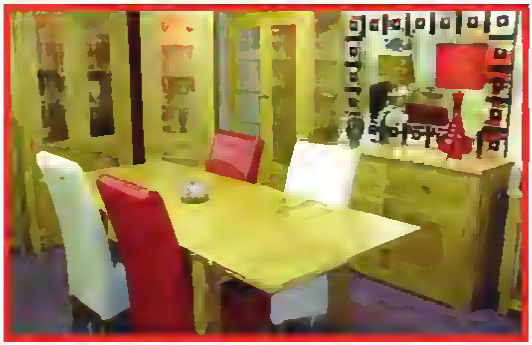
Showrooms

STOP PRESS
NOW OPEN @
121 MONTAGUE ST
WORTHING

£345 - 100% SOLID OAK THROUGHOUT!

SUPERIOR QUALITY - SUPERIOR SERVICE

TURIN LIVING /DINING / HOME OFFICE - HUGE RANGE OF 100 % GRADE A - PRIME SOLID OAK THROUGHOUT! FURNITURE ON SHOW WITH FREE DELIVERY + SET UP FROM VAST STOCKS WITHIN 7 DAYS [60 MILE RADIUS] FROM THE LARGEST COLLECTION OF TOP QUALITY OAK FURNITURE IN THE REGION!!



Online Full Catalogue: www.furnitureandmirror.com

NO EQUALS FOR THIS QUALITY AT OUR PRICES IN THE REGION!

OPEN 7 DAYS INC. ON SITE FREE PARKING
UNITS 1 & 2 TERMINUS MILL, TERMINUS ROAD IND. ESTATE,
CHICHESTER, PO19 8UN - [Near Shippams]
VISIT US SOON - YOU WILL BE AMAZED !! Tel: 01243 783960